



Motion Sickness

Prevention & Treatment Checklist



MOTION SICKNESS PREVENTION AND TREATMENT CHECKLIST

MOTION SICKNESS CARE

Packing these items will help prepare you for motion sickness and relieve the symptoms

What to pack

- Selected anti-histamines for motion sickness eg. Travacalm, Kwells
- Anti-vomiting medicine (see your doctor for a prescription)
- Ginger tablets
- Ginger (hard boiled) lollies
- Rehydration electrolyte solution
- Motion sickness wrist band
- Vomit bags
- Salty crackers
- Ginger ale

Prevention

- Look at a fixed object in the distance or at the horizon
- Get plenty of fresh air
- Sit forward facing and in a reclining position
- Eat small amounts of low-fat, bland, starchy foods
- Drink plenty of water
- Break up long journeys for some fresh air, a small meal, rehydration or a walk
- Sleep or keep eyes closed with some deep breaths
- Sit in area with reduced motion eg. Front seat of car, middle of boat, wing of plane

Things to avoid

- Heavy meals, spicy foods and alcohol
- Reading, films or screen time
- Looking at moving objects

Contact information for Australian travellers

Smart Traveller:

www.smartraveller.gov.au

The Australian Government provides 24-hour consular emergency assistance:

+61 2 6261 3305 from overseas

1300 555 135 from within Australia

Other non-urgent contacts:

www.smartraveller.gov.au/about-us/contact

Department of Health COVID-19 travel:

<https://www.health.gov.au/health-alerts/covid-19/international-travel>

Contact us:

travelhealthynow.com.au

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