

# ANTI SICKNESS CHECKLIST

## BEFORE THE FLIGHT

- Eat something before your flight. Do not skip meals !

<u>AVOID</u>	<u>TRY</u>
▪ Acid foods (orange, tomato or grapefruit juice)	▪ Complex carbohydrates
▪ Caffeine (coffee, tea or chocolate)	▪ Dry, low fat snacks
▪ Greasy snacks/food (chips)	✓ Cracks
▪ Dairy products	✓ Ginger snaps
▪ High salt products	✓ Fat-free newtons

## IMPORTANT

- ✓ Drink plenty of water to stay well hydrated
- ✓ Get adequate rest prior to your flight
- ✓ Wear conformable loose clothing and
- ✓ Do not wear tight underclothing

## DURING FLIGHT

- ✓ Do not forget to breathe at slow and comfortable pace.
- ✓ Minimize head movement. First move your eyes and then follow with your head. Practice this technique during driving and other ground activities.
- ✓ Stay active and involved. Divert attentions. Do not focus on the motion sickness.
- ✓ Maintain clear visual references, eyes on the horizon. Cool air on the face if available.
- ✓ If you get sick, whether you vomit or not, DO NOT WORRY. **Airsickness is the body's normal response to a new and different environment; in time your body will adapt.** Additional stresses can make the situation worse. Use these techniques even if you are not prone to airsickness to enhance your performances.