

Perry's PowerPoint Program:
Seasickness and Prevention

1. What is the one thing that can ruin an otherwise fun and productive research expedition?

2. Who is susceptible to seasickness?

3. What are 6 symptoms of seasickness?

4. The good news is that two things can reduce the likelihood of seasickness and result in a successful trip:

5. Name two things that we have no control over when going on a boat:

6. Where have we learned most of our latest information about motion sickness?

7. Seasickness is now thought to have relatively little to do with the _____.

8. In simple terms, why does seasickness occur in the body?

9. The three body systems that send conflicting information to the brain and stimulate seasickness are:

10. Why is the term "getting your sea legs" probably a good one?

11. Outline the four major types of things you can plan ahead for in order to have a trouble-free trip:
(Pay attention; these four will be explained in detail throughout the rest of the show)

12. Name the most effective over-the-counter motion sickness preventative medication:

13. When should oral motion sickness preventative medications be taken?

14. How much medication should most people, even adults, take?

15. If you have a history of susceptibility to motion sickness, what should you do?

16. When considering what to wear on a boat trip, what are the two most important things to do:

17. What about eating breakfast before a boat trip?

18. What about packing your sack lunch for a boat trip?

19. Outline three general things to consider when you are on board that can reduce or prevent seasickness:

20. What is better, being outdoors or staying inside a cabin space? Explain why.

21. What does "horizon watching" mean in terms of what you should do on board ship?

22. Name 3 things to remember about the best location on board for preventing seasickness:

23. What does "wave riding" mean in terms of what you should do on board ship?

24. At the first sign of an uneasy feeling you should:

1. _____

2. _____

25. If the worst happens and you do get sick to your stomach:

a. Where should you go?

b. Where must you NOT go?

26. Summarize the 6 key things that you can do to "plan ahead:"

_____	_____
_____	_____
_____	_____