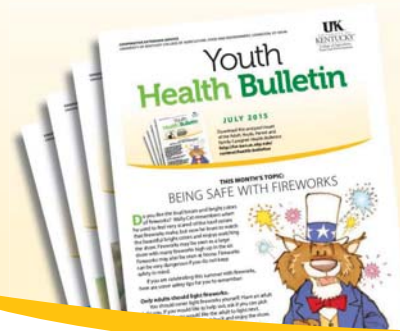


Youth Health Bulletin

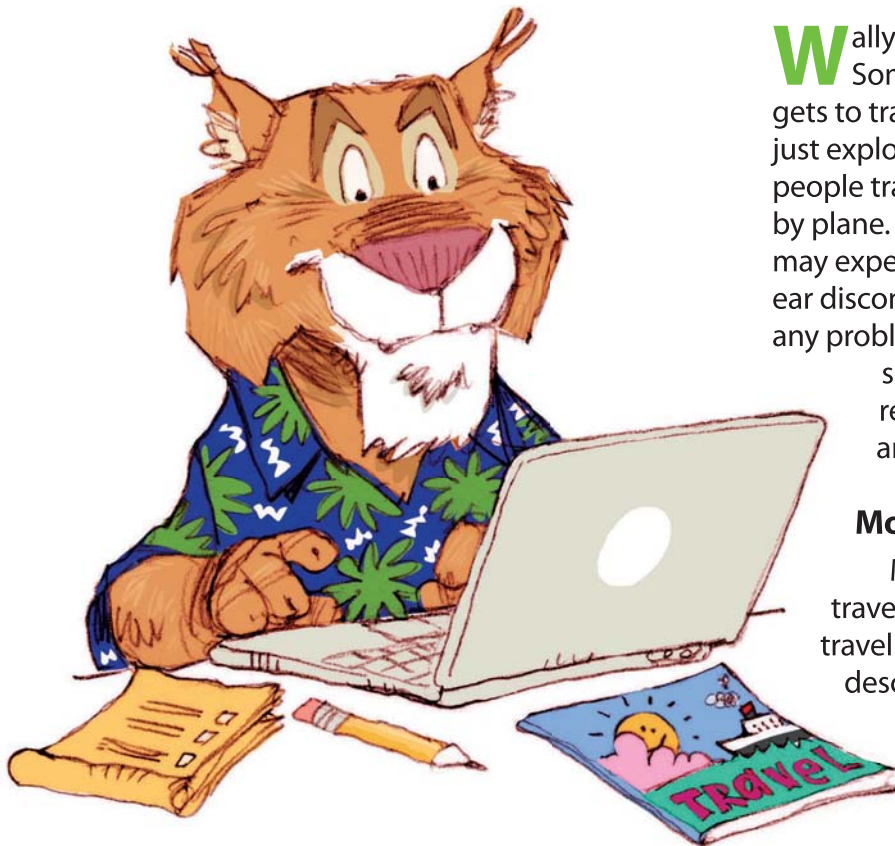


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THIS MONTH'S TOPIC: TRAVEL SAFELY THIS SUMMER!



Wally Cat loves to go on new adventures. Sometimes during the summer months, he gets to travel to a new place and visit family or just explore a new area. Do you ever travel? Some people travel by car and some people even travel by plane. No matter how far you are traveling, you may experience problems like motion sickness and ear discomfort. It is important to be prepared for any problems that may happen. Let's learn about some ways you can plan ahead and be ready if you start to not feel well while you are traveling.

Motion sickness

Motion sickness happens when you are traveling. It can happen whether you are travelling by bus, car, plane or boat. It can be described as a feeling of being sick to your stomach. This happens because your

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Wearing sunscreen will help you avoid sunburns and insect spray can help stop insects such as mosquitos.



middle ear that tries to change with the changing air pressure. To help ease the pressure changes, you can swallow, yawn, drink or eat something. Make sure that you are ready for the takeoff and landing!

Being prepared

When you are traveling to someplace new, there is likely to be lots of exploration. Make sure you are safe while you are out and about. Ways to stay safe include making sure you use sunscreen and insect repellent. This is especially important if you are going someplace where you will be outside most of the day. Wearing sunscreen will help you avoid getting a sunburn which can be very uncomfortable. Insect spray can help stop insects such as mosquitos.

No matter where you are going this summer, Wally Cat wants to make sure you are staying safe while you are having fun!

REFERENCE:

<http://kidshealth.org/en/parents/family-travel.html>

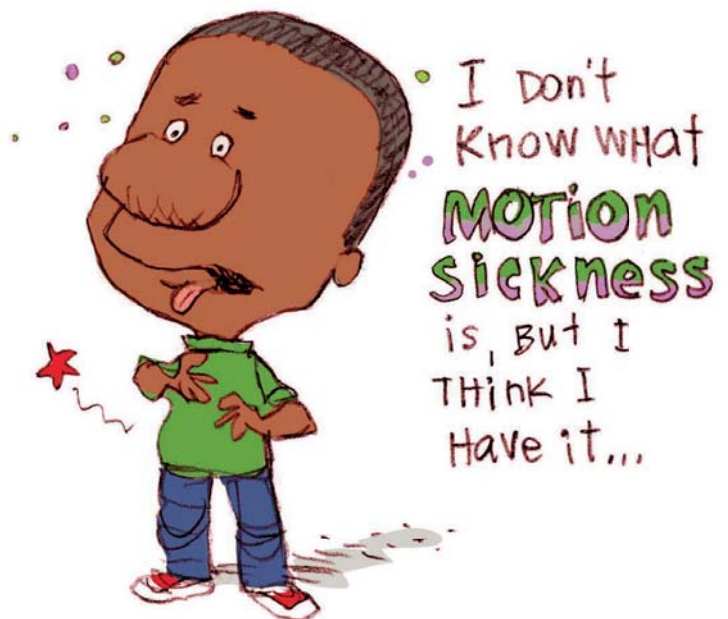
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brain is getting mixed signals about whether or not your body is in motion. The inner ear, which allows you to sense if your body is moving, feels that your body is moving (in a vehicle or plane) and yet your eyes may be fixed on an object that is still, such as a book. This can confuse the brain! Everyone's body reacts a little differently to this feeling. Some people may feel tired and sleepy, while others may feel like they are going to be sick. Some people do get sick!

One way to avoid motion sickness is to look outside. Try focusing on objects that are far away, such as a house that is up ahead or a mountain in the far distance. On an airplane you should look out the window too. This helps because your eyes will see that you are moving. If you are traveling and start to feel motion sickness, talk to the adult that you are with and see if you can stop and walk around a little bit. If it happens a lot, talk to your healthcare provider about ways to prevent motion sickness from being so severe.

Ear discomfort

Ear discomfort is not uncommon when traveling by a plane, especially during takeoff and landing. This happens because there is pressure in the



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