

**Arrive fresh and healthy at your holiday destination - carhiremarket.com
advices you how to avoid travel sickness!**

School is out, the holiday is booked, a rental car reserved and suitcases ready at the door. According to your checklist everything is in place and nothing should now go wrong. However, to be able to fully enjoy your holiday, you have to pack a bit of good health in and even be prepared for when the feared carsickness strikes either you or one of your family members.

Being on vacation is surely one of the best times of the year! Everyone is excited, relaxed and in a good mood. Nonetheless many people spend their well-deserved holiday sick in bed. Good preparation is therefore imperative that you can be healthy and enjoy your time off. Carsickness is one of the most common holiday illnesses that often children and even adults suffer from during road trips. Headaches, nausea and dizziness characterise the typical symptoms of carsickness, and often lead to vomiting. Especially on long road trips, motion sickness or kinetosis, as the experts call it, can catch you by surprise. Kinetosis is based on a disorder between visually perceived movement and the vestibular system's sense of movement, and will therefore increase the chances of motion sickness when you drive on particularly winding roads, especially if you sit in the rear-end of the car.

carhiremarket.com wants you to have an enjoyable and sick-free road trip with your rental car, and therefore has a few key tips and tricks on how to avoid carsickness:

1. If you sit in the rear of the rental car and notice that you start feeling dizzy and nauseous, you should open the window and get some fresh air. At the next opportunity, ask the driver to pull over, stretch your legs and drink some water.

2. For the rest of the journey, it is recommended that you sit in the front seat or perhaps if you feel comfortable and are insured to do so, you can drive as research has shown that drivers tend to not suffer from motion sickness.

3. As a general rule, always look straight ahead and focus on the horizon. You should restrict looking left and right or below. That causes more confusion and can lead to further carsickness. Do not read anything in the car, even looking at your handy or a map can cause carsickness.

The day before you leave on holiday with your rental car, make sure that you only eat light food with no spices which can give your tummy further reason to rebel. Kids are often the victims of carsickness as they tend to eat greasy food and drink creamy milkshakes on a road trip. Make sure that you pack healthy snacks for the kids and encourage them to tell you when they start feeling dizzy and sick. Chewing some gum or sucking on a sweet can also help against carsickness. Try to avoid drinking coffee or smoking as these will only contribute to the symptoms. Rather try out other homemade remedies such as ginger tablets or visit your pharmacy before leaving to get a couple of motion sickness tablets. Be prepared that nothing can catch you off guard.



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