PREVENTION OF ‘MAL De MARE’ (sea sickness)

Sea sickness is somewhat rare, but taking early precautions at sea is always a good idea. ‘Mal de Mare’ is very easy to prevent but somewhat difficult to cure with the exception of the passage of time. Everyone is susceptible but the biggest challenge is that many people tend to avoid taking easy precautions or medication until it’s too late.

One of the biggest lies in any yacht club: “I can’t get seasick”.

The truth (as determined by many years of testing): Given the wrong / right conditions, anyone can get seasick, although it is quite rare for some people and may not occur unless under terrible, hurricane-like conditions. (by the way, what the hell are you doing out in that kind of weather!?) However, everyone should think about preventing this malady, if not for themselves, then for their friends.

THE BEST PREVENTION (taken early)

PREVENTION IS BETTER THAN TREATMENT.

- Stay Active & Mind Occupied:
  - act as helmsperson / drive the boat or – take bearings, tell stories, etc.

- Stand Up (while safely holding onto something):
  - this places less of your body in contact with the moving boat
  - allows knees and legs to absorb much of the boat motion

- Focus on / keep eyes on / watch fixed and unmoving horizon

- Stay on Deck, near center of boat and Face the Wind

INITIAL SYMPTOMS

- Slight Nausea
- Yawning
- Sweating
- Inattention to Safety
- Listlessness
- Drowsiness
- Mild queasiness
- Increased salivation

MEDICATION (Must Take At Least ONE HOUR BEFORE Going to Sea or Onset of Symptoms)

[Please be advised that Bluewater is not a certified medical facility. The statements below are for general information only. All medication decisions should be made only with advice from a qualified physician.]

- Test Medication at home several days Before going to sea
  - Everyone’s body chemistry is different, so you should test potential medications at home first

- Requires Prescription (avoid getting hair under patch and wash your hands after applying)
  - Trans - Derm Scopolamine Patch: place directly on skin behind ear and under a band-aid
  - Phenergen: used by space shuttle astronauts
  - Reglan: used to combat nausea during chemotherapy
  - Sturgeron: available only in Europe
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MEDICATION (continued)

· Please be advised:
  – Do not give medication to children under 12 years of age or to pregnant women
  – That many medications may result in dry mouth, sleepiness or possibly slightly blurred vision

· “Over the Counter” Pills (Non-prescription): most contain meclazine
  – Strongest: Dramamine (purchase “less-drowsy” formula)
  – Medium: Bonine
  – Mildest: Marazine
  – Antivert – Compazine – Prochlorperazine
  – Meclizine (generic component of most over the counter medications)

PLEASE DON’T

Drink alcohol, smoke or wear cologne / perfume  Get cold or have a cold
Read or Turn head rapidly or Go forward, aft or high on vessel
· Start voyage overly tired, with reduced sleep or physically worn out
· Run downwind with quartering seas
  Bend over forward or work on engine or pack spinnaker  Get equipment out of lockers
· Work, stay or lie down inside the ship or cabin  Go down below
  Sit near or allow fumes into boat from: diesel engine, head or bilge mustiness
· Get Pregnant Before the Voyage (although during the voyage might be fun)

PLEASE DO

· Take precautions, medication or use wrist bands early (medication is useless after being ill)
· Cut back on alcohol & smoking before voyage  Get proper sleep night before voyage
· Keep head steady & avoid rapid eye movement  Go with the rhythm, not against it
· Maintain good air circulation down below  Attempt slow, rhythmic breathing
· Pump bilges early  Avoid smells / strong odors
· Stay rested and warm (hat or head cover works well)  Minimize / Limit time down below in cabin
  Stay low in center / middle of boat where there’s least motion
    – avoid forward cabin  – avoid aft near transom & engine fumes
· Sleep close to center of boat rotation with sleeping bag & lee cloth
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FOOD: PLEASE DO’S
· Eat solid, normal meals before trip

· Have light breakfast (toast, cereal, fruit & juice) · Pre fix hot food and drink

· Consume Beneficial foods:
  – ginger (ale, snaps, root, candy etc.)  – saltine crackers
  – hot drink & biscuits: tea is better than coffee  – soft foods
  – carbonated soda/beverages  – teaspoon of sugar or glucose to settle stomach

FOOD: DONT’S
Cruise on empty stomach  Eat smelly, oily foods

· Eat anything greasy and do not have a big breakfast  Eat/Drink Alcohol, Spices, Greasy Food

· Overeat or drink alcohol or smoke excessively night before voyage

OTHER USEFUL PREVENTATIVES
· Ice on Back of Neck

· Acupressure wrist bands / Sea Bands
  – inexpensive, mechanical elastic bands worn around wrists or
  – more expensive electronic bands

· Sit Under a Tree for 30 Minutes