

Smells of all kinds seem to make nausea worse.

THESE SMELLS CAN INCLUDE:

- Odors on other people's breath
- Garlic
- Coffee
- Beer
- Perfume
- Hairspray, shampoo and perm solution
- After-shave or men's cologne
- Onion
- Broccoli
- Sausage
- Cigarette smoke
- Dog or cat odors

TIPS TO ALLEVIATE NAUSEA

First and foremost, examine your surroundings and determine if the nausea-causing stimulant can be extinguished or avoided.

When are you getting sick?

In the bathroom, bedroom, kitchen, laundry room or basement at home? In a certain place at work?

For some, noise can increase nausea. Turn off the TV or radio.

Fresh air may help. Open the window slightly.

If bright lights bother you, dim them or turn them off.

Does motion bother you? Riding in the car, bus or train?

