

HOW TO SURVIVE A HONEYMOON DISASTER

EXTREME SUNBURN

1 Expose damaged skin to air.

Remove all clothing around the burn area: Clothing will irritate the burn site and may cause increased pain.

2 Drink water.

Drink at least 32 ounces of water to help promote sweating, which cools the skin.

3 Apply a cold compress.

Put ice in a plastic bag, wrap in a cotton T-shirt or other fabric, and apply to the burn area. If the burn area is very large, soak a bed sheet in ice water and apply it instead of a compress. Let the skin cool under the compress for 15 minutes to help reduce pain.

4 Apply a soothing gel or ointment to the burn area.

Carefully rub a cooling aloe lotion into the burned area. This is especially soothing if the aloe has been chilled in a refrigerator or a bucket of ice. Do not apply suntan lotion, baby oil, petroleum jelly, or any other foreign substance to the burn.

5 Take pain medication.

Ibuprofen will help reduce pain at the burn site.

6 Lie still.

Lie in a position that best exposes your sunburn to the air without coming into contact with the bed, your clothing, or another person. Do not bend sunburned joints.

7 Continue with your honeymoon.

Take advantage of loose-fitting island fashions as your sunburn heals.

Be Aware

Depending on the severity of the sunburn, a new layer of skin will replace the burned area in two days to two weeks.

MIGRAINE HEADACHE

1 Dim the lights.

Bright lights may exacerbate a migraine or prolong symptoms. Keep the shades drawn and the room lights off or very low.

2 Reduce noise levels.

Turn off the radio and television. The room should be silent, or with soothing “white” noise such as that created by a small fan.

Disaster Honeymoon



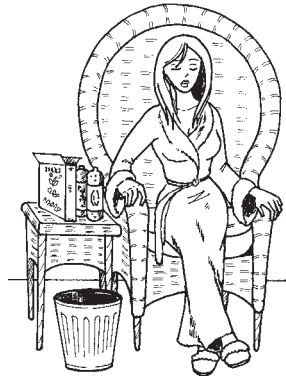
Tongue injury.



Migraine headache.



Extreme sunburn.



Food poisoning.

3 Limit movement.

Running, walking, and even climbing stairs may increase the intensity of a migraine.

4 Eat vitamin-rich foods.

Magnesium and vitamin B2 (riboflavin) may combat migraine symptoms. Spinach, Swiss chard, and many nuts are high in magnesium, while mackerel, shad, and other oily fish are rich in riboflavin.

Be Aware

A migraine may last as little as one hour or as long as three days.

ACUTE TONGUE INJURY

1 Prepare a tea bag.

Soak a tea bag in warm water for 2 minutes. Let it stand 1 minute at room temperature, then wrap it in gauze or a clean cloth napkin.

2 Apply tea bag to tongue.

Place the moist tea bag on the injury site and press steadily. The tannic acid in the tea is a natural coagulant and should stop the bleeding. The tongue has a large number of blood vessels near the surface and will bleed profusely until the blood coagulates.

3 Rinse.

Swish and spit using an anesthetic mouthwash, if available.

4 **Apply a numbing agent.**

Apply ice to the wound to numb and reduce pain.

5 **Avoid acidic and salty foods and liquids.**

Acidic substances, such as citrus fruits and vinegar, and those high in salt, such as nuts and potato chips, may aggravate the injury.

6 **Keep the tongue still.**

The tongue will heal more quickly if it is inactive.

7 **Protect the tongue.**

Wear an athletic mouth guard to protect the tongue until the injury heals.

FOOD POISONING

1 **Stay hydrated.**

Drink several gallons of water a day.

2 **Replenish mineral salts.**

Nibble on dry salted crackers or plain rice to replace salt lost through diarrhea.

3 **Do not induce vomiting.**

Vomiting will not remove the bacterial culprit, but will cause dehydration.

Be Aware

- Do not drink the water when traveling to the tropics or when you are unsure of its cleanliness. Avoid ice cubes in drinks, brushing your teeth with tap water, opening your mouth in the shower, or swallowing—or even rinsing your mouth with—water in swimming pools or the ocean.
- Only eat fruit that you can peel yourself. Avoid all vegetables and fruits that could have been washed in contaminated water, or fruits (like melons) that might have been soaked in water to increase their size and weight.
- If you don't know what it is, don't eat it.