



It has happened to all of us at some time during our world wanderings. Nausea after first night at sea or flying, munching on local food from a street cart, drinking too many freebees while gambling or falling down suddenly while doing a selfie.

First, before leaving home, be sure your smartphone dial is set for immediate emergency calls everywhere you'll be on your travels. If any are close by, immediately get to a flight attendant or other employee and ask for professional help. If it happens on the street, store, restaurant or hotel, hit the emergency button and/or stop a a security guard or police officer.