

## **First Aid for Fainting or Dizziness (Syncope)**

Fainting, or syncope, occurs when blood flow to the brain temporarily decreases, causing brief loss of consciousness. It is usually not serious, but can sometimes signal an underlying health issue. Stay calm, ensure the person is safe, and help them lie flat with their legs raised to restore blood flow to the brain.

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### **Common Causes of Fainting**

- Sudden standing or getting up too quickly.
- Dehydration or overheating.
- Low blood sugar or missed meals.
- Emotional stress or fear.
- Pain or shock.
- Heart or blood pressure problems.



### **What to Do When Someone Faints**

- Lay the person flat on their back.
- Raise their legs about 12 inches to improve blood flow.
- Loosen tight clothing, especially around the neck.
- Ensure fresh air — open windows or use a fan.
- Once conscious, encourage them to sit slowly and rest.



### **What NOT to Do**

- Do not splash water or slap the person's face.
- Do not make them stand up immediately after regaining consciousness.
- Do not give food or water until they are fully awake.
- Avoid crowding — give them space to breathe.



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## **When to Seek Medical Help**

- If fainting happens repeatedly without clear cause
- If fainting occurs during exercise or stress
- If the person remains unconscious for more than 1 minute
- If they experience chest pain, irregular heartbeat, or confusion
- If they injure themselves during the episode



## **Fainting & Dizziness Prevention**

Prevention focuses on staying hydrated, maintaining good circulation, and avoiding triggers like standing too long or skipping meals. Understanding your body's signals can help prevent fainting episodes.



## **Stay Hydrated & Eat Well**

- Drink plenty of water, especially in hot weather.
- Do not skip meals — low blood sugar can trigger dizziness.
- Avoid excessive caffeine or alcohol which can dehydrate you.
- Consume balanced meals rich in iron and electrolytes.



## **Avoid Standing Still for Long Periods**

- If you must stand long, move your legs or shift weight often.
- Take breaks to sit and stretch to maintain circulation.
- Rise slowly from sitting or lying positions to prevent lightheadedness.
- Wear comfortable, loose-fitting clothing.



## **Manage Stress & Environment**

- Take deep breaths to reduce anxiety or emotional stress.
- Avoid overcrowded, stuffy, or overheated places.
- Get enough rest — fatigue increases fainting risk.
- Consult a doctor if dizziness or fainting becomes frequent.



## **Treatment & Medication**

Medications or supplements may be prescribed only if fainting is linked to an underlying condition like low blood pressure, anemia, or heart rhythm problems.



## **Medication is not always required.**

For most fainting cases, simple lifestyle adjustments — staying hydrated, eating regularly, and avoiding triggers — are enough. However, if medical causes are found, your doctor may prescribe medicines to stabilize blood pressure or correct heart rhythm.