

Dizziness Treatment



CALL 102 IF THE PERSON HAS:

- A change in vision or speech
- Chest pain
- Shortness of breath
- Rapid, irregular, or very slow heartbeat
- Convulsions or ongoing vomiting
- Dizziness that comes after a head injury
- Double vision
- Fainting or loss of consciousness
- Fever and stiff neck
- Inability to move an arm or leg
- Slurred speech
- Numbness or tingling

1. Treat Symptoms

- The person should sit down or lie still.
- If the person gets light-headed when standing up, the person should stand up slowly.
- Avoid sudden changes in position.
- If the person is thirsty, have him or her drink fluids.
- Avoid bright lights.

2. Call a Health Care Professional

Call a health care professional if:

- This is the first time the person has been dizzy.
- The dizziness is different than before or doesn't go away quickly.

3. Follow Up

At the health care provider's office or hospital, the next steps depend on the particular case.

- The person may get oxygen or IV fluids to treat dehydration.
- If blood tests reveal abnormal blood chemistry (electrolyte levels), this will be corrected.
- Health care providers may start emergency treatment for heart attack or stroke, blood transfusion, or surgery.