

# Fainting Treatment



**CALL 102 IF THE PERSON:**

- Has blue lips or face
- An irregular or slow heartbeat
- Chest pain
- Difficulty breathing
- Is difficult to awaken
- Acts confused

## **1. Make the Person Safe**

- Lay the person flat on his or her back.
- Elevate the person's legs to restore blood flow to the brain.
- Loosen tight clothing.

## **2. Try to Revive the Person**

- Shake the person vigorously, tap briskly, or yell.
- If the person doesn't respond, call 102 immediately and start CPR if necessary.
- If an AED is available, bring it by the person and use it if you have been trained on its use.

## **3. Turn the Person on His or Her Side if He or She:**

- Is vomiting or bleeding from the mouth

## **4. Do Home Care for Simple Fainting**

- If the person is alert, give fruit juice, especially if the person has not eaten in more than 6 hours or has diabetes.
- Stay with the person until he or she is fully recovered.

## **5. Call a Health Care Provider**

See a health care provider right away if the person:

- Hit his or her head when fainting
- Faints more than once in a month
- Is pregnant or has a heart condition or other serious illness

- Experiences unusual symptoms, such as chest pain, shortness of breath, confusion, blurred vision, or difficulty talking