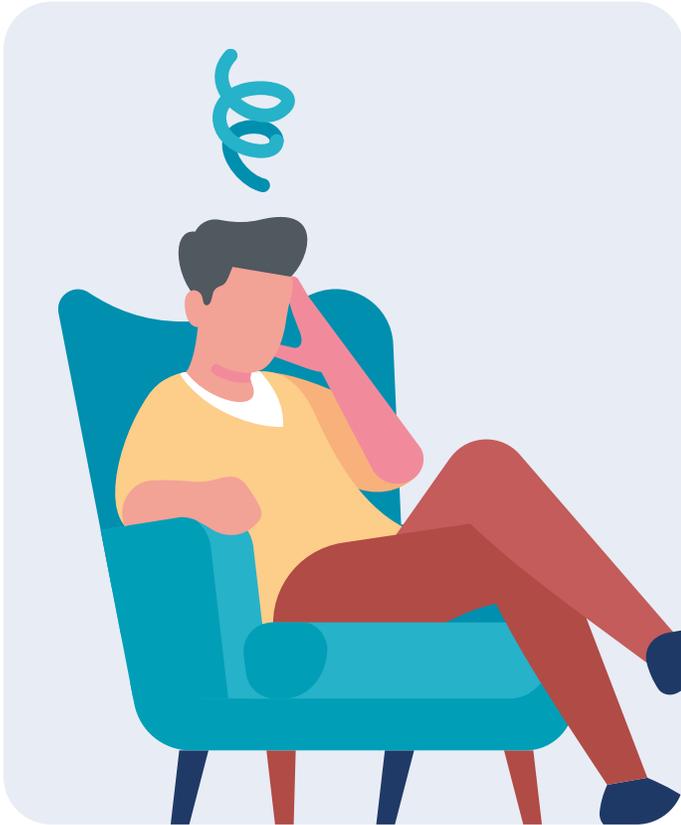


Dizziness



EMERGENCY: CALL **911** IF

- One side of your face is drooping, you have trouble speaking or seeing.
- You suddenly develop a severe headache.
- You experience numbness on one side of your body.
- You have trouble breathing.
- You have trouble staying awake or waking up.
- You suddenly have trouble moving or fall.
- You are suddenly confused or disoriented for no reason.

When to seek **professional** help

- You have frequent or long-lasting dizzy spells.
- You feel nauseous, vomit or have a headache.

How to get **help**

- 24/7, dial **811**
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811 option 3**
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

Dizziness can sometimes make it difficult for you to move around safely and may cause you to fall.

What to do at home



Rest: Sit or lie down. Find a quiet place to rest.



Calm: Keep still and avoid moving your head or getting up too quickly.



Screens: Cut down on your screen time (television, tablet, computer, cell phone).



Hydration: Drink plenty of water, herbal tea or broth. Avoid coffee, energy drinks and alcohol.