



# DIZZINESS

Feeling faint, off-balance or that the room is spinning

## CAUSES

### VERTIGO

Dizziness or the feeling that the room is spinning may occur with sudden movements of the head (leaning forward, backward, rolling in bed) or standing up too quickly. These spells are harmless and pass quickly, unless they occur often. In such cases, help must be sought in order to determine the cause of the vertigo.

#### Symptoms:

- Dizziness, feeling that the room is spinning
- Nausea, vomiting
- Ringing in the ears
- Loss of balance

#### DO:

- Get some rest until the dizziness has ceased.
- If the dizziness occurs often, seek help to determine if there is a more serious medical cause.

Get some rest when you feel dizzy.  
Relaxing for a while will make you feel better.



### MOTION SICKNESS

In motion sickness, the brain is receiving too many signals from the eyes and the balance organs of the ears. This usually occurs inside a moving vehicle and affects children more than adults.

#### Symptoms:

- Dizziness
- Sweating
- Weak feeling
- Pale skin
- Headache
- Nausea, vomiting

#### DO:

- Take slow, deep breaths while looking as far out into the horizon as you can.
- Take anti-motion sickness medicine around an hour before you travel.
- Try to stop and get out of the situation that is causing the symptoms.
- Try to get some sleep (without the aid of sleeping pills).

#### DON'T:

- Don't drink alcohol or take sleeping pills (as these may worsen the condition).
- Don't take anti-motion sickness medicine if you are driving (The medicine may cause drowsiness.).
- Don't travel after a heavy meal or on an empty stomach.