

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 are nauseous, vomit or have a headache.

How to get help

- 24/7, dial **811**
- Call your pharmacist
- Call your CLSC
- 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.

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

What to do at home



Phone: Dial 811 to speak to a nurse 24/7.



Rest: Sit or lie down. Find a safe and comfortable 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 water, herbal tea or broth. Avoid coffee, energy drinks and alcohol.