

Your Health Matters

DIZZINESS AND LIGHT-HEADEDNESS

Some causes of dizziness include:

- Not taking enough fluids
- Medications
- Heart problems
- Blood sugar levels
- Sudden drops in blood pressure

What to do if you feel light-headed or dizzy:

- Stop moving
- Wait until the dizziness subsides
- Then begin to move slowly

If your dizziness continues:

- Stop moving and lie down
- Contact your nurse or family doctor



Available in multiple formats