

What to know and when to get help

Dizziness is the feeling of being lightheaded, unbalanced or feeling like the room is spinning. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Sitting or standing up slowly
- Avoiding sudden head movements
- Drinking plenty of water or sports drinks
- Stopping movement, sitting or lying down when you feel dizzy



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Dizziness lasts more than 3 days
- Dizziness happens when you move your head
- An earache, ringing in your ears or loss of hearing
- A fever that does not respond to fever reducing measures
- Dizziness started after taking a new medicine



Go to the ER or dial 911 if you have:

- You are having fainting spells
- Your heart is racing or skipping beats
- Your heart rate is very slow
- You are having trouble speaking or are confused
- You have sudden weakness in your arms or legs
- You have a severe headache
- You had recent trauma or a blow to your head less than 48 hours prior

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.