Vertigo
(Dizziness)

Vertigo is a feeling that you are unsteady or dizzy. You may feel that you or things around you are moving. Vertigo causes a spinning feeling. It can make you feel off balance or may give you a whirling feeling. A change in your position can make it worse. Resting can make it better.

HOME CARE

- Rest in bed.
- Drink clear liquids.
- Take medicine to lessen dizziness, nausea (feeling sick to your stomach), and vomiting (throwing up).
- Avoid alcohol, tranquilizers, nicotine, caffeine and street drugs.

CAUSES

- An infection of the inner ear.
- An unusual migraine headache could also be a cause.

Other causes include:

- Low blood pressure.
- Low blood sugar.
- Being upset.
- Narrow blood vessels in the brain.
- Nerve and heart problems.
- Middle ear problems

GET HELP RIGHT AWAY IF:

- Your vertigo gets worse.
- You have an earache, ear drainage or hearing loss.
- You have a bad headache, blurred or double vision, or trouble walking.
- You faint or have extreme weakness, chest pain or rapid heart beat (*palpitations*).
- You get a fever or throw up continuously.
- You get numb or weak limbs.

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