



Dizziness

Dizziness is feeling lightheaded. It is a symptom of another condition.

SIGNS & SYMPTOMS	WHAT IT COULD BE	WHAT TO DO
Sudden dizziness with hot, dry, red skin. High fever. Nausea. No sweating. Pulse that is rapid and then gets weak. Exposure to very, very hot conditions.	Heat stroke	Get medical care fast!
Dizziness with stroke warning signs or with stroke risk factors: • Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body • Sudden confusion, trouble speaking or understanding • Sudden trouble seeing in 1 or both eyes • Sudden trouble walking, dizziness, loss of balance or coordination • Sudden severe headache with no known cause	Stroke or transient ischemic attack (TIA)	Get medical care fast!
Dizziness with heart attack warning signs: • Chest pain. This may spread to the arm, neck, back, tooth, or jaw. • A feeling of tightness, burning, squeezing, fullness, or heaviness in the chest. • Atypical pain in the stomach, back, neck, jaw or arms. • Gray-colored or clammy skin.	Heart Attack	Get medical care fast!
Dizziness with a heart rate greater than 130 beats per minute or less than 50 beats per minute or an irregular heart rhythm	Irregular heartbeat	Get medical care fast!
Dizziness with signs & symptoms of dehydration: • Severe thirst (sometimes) • Sunken and dry or tearless eyes. Dry mouth, tongue, and lips. • No urine or a low amount of urine that is dark yellow • Headache; lightheadedness, especially when getting up quickly • Dry skin that doesn't spring back after being pinched • Dizziness, confusion, severe weakness	Dehydration	Get medical care fast!
Dizziness with abdominal pain and swelling that worsens, inability to pass stool or gas, vomiting	Intestinal obstruction	Get medical care fast!
Dizziness and fainting. Severe chest pain with extreme pain across the upper back (not just on one side), also described as tearing or ripping feeling that came on within 15 minutes. It can happen any time. The pain can spread to the abdomen. Shortness of breath. Heavy sweating. Loss of vision.	Dissecting aortic aneurysm. This is a tear in the main artery from the heart.	Get medical care fast! (Do not take aspirin.)
Dizziness with ear pain, ringing in the ear, pus or other ear discharge	Ear infection	Contact doctor.
Dizziness with spinning sensation that worsens with a change in position. Loss of balance. Nausea and vomiting. Ears ringing. Jerky movements of the eye.	Labyrinthitis (usually)	Contact doctor.
Dizziness with hunger, sweating, trembling, anxiety, and irritability or confusion	Low blood sugar. This can occur in persons taking insulin or oral pills for diabetes and/or after not eating for 4 or more hours.	Use self-care.
Dizziness when getting up too quickly from a seated or lying position	Temporary drop in blood pressure. This could be a side effect of medicines or dehydration.	Contact doctor.



Other Causes of Dizziness:

- Alcohol
- New medications, antibiotics, or high doses of aspirin
- A change in altitude or motion sickness
- Motion sickness
- Seeing fast moving objects

Treatment for dizziness depends on the cause.