

STAYING SAFE WHEN YOU HAVE VERTIGO

6 Quick Tips for Seniors



STAY HYDRATED

Dehydration can trigger a return of vertigo symptoms.



SIT DOWN IMMEDIATELY

As soon as vertigo hits, find a safe place to sit.



SIT UP SLOWLY FROM BED

Always sit up slowly if you've been lying on your back.



USE A CANE OR WALKER

Until your vertigo is under control, be safe to avoid falls.



WARN OTHERS AROUND YOU

Tell friends & family so they're prepared.



HOLD ON TIGHT

No safe place to sit? Find a steady support or ask for help.