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.

SOURCE: WWW.SENIORADVICE.COM