

FEELING FAINT?

Fainting is more common in teenagers than most people realise. It can happen to anyone – and it's rarely anything to worry about. But knowing your own warning signs and what to do in the moment can help keep you safe.

Know your warning signs

- Sudden dizziness/lightheadedness
- Feeling sick or nauseous
- Blurred or tunnel vision
- A cold, clammy sweat
- Ringing in your ears
- Feeling unusually weak or wobbly

Common triggers

- Skipping breakfast
- Not drinking enough water
- Standing for a long time
- Getting too hot

What to do if you feel faint

- 1 Tell someone immediately – a teacher, a member of staff, or a friend nearby
- 2 Sit or lie down straight away – do not try to push through it
- 3 Lower your head towards your knees if you can't lie down
- 4 Don't stand up too quickly once you start to feel better
- 5 Drink some water when you feel ready

If you feel unwell, go to the first-aid room. You don't need to wait until you feel really bad. It's always better to say something early.