

# Dizziness (vertigo) in adults and children



When everything is spinning, the floor is swaying or there is a feeling of "falling to one side" it is often a dizziness. The dizziness can last for different lengths of time and be associated with different symptoms, e.g. drowsiness, nausea, visual and auditory disorders. The cause of a dizziness is usually harmless and usually goes away on its own.

## When does dizziness occur frequently?

- **In case of rapid movements of the head** (e.g. when getting out of bed). This is a benign positional vertigo (= rotary vertigo). Certain movements cause a dizziness for a short time – a few seconds to a maximum of five minutes. In connection with the dizziness, nausea and, in rare cases, vomiting may occur.
- **In old age:**  
Many older people suffer from a so-called *vertigo in old age*. Several minor disorders, such as impaired vision, hearing or muscular weakness in the legs, can contribute to developing a "wobbly gait" and feeling unsafe in a room as you get older.
- **With mental stress:**  
A *psychogenic dizziness* can be triggered by a stressful situation. In addition to dizziness, symptoms such as anxiety, rapid heartbeat, distress, tremors or sweating may occur.

## What can you yourself do to relieve "dizzy spells"?

If you feel dizzy, then:

- Lie down until the dizziness passes.
- Move slowly and carefully.
- Get some rest.
- Drink a lot of liquid (especially water).

## When to seek medical advice?

Contact a family doctor in the following cases:

- The feeling of dizziness does not go away or comes again and again.
- You have problems hearing.
- You notice a ringing or other noise in the ear (danger: tinnitus = perception of sound when no corresponding external sound is present).
- You feel a numbness (e.g. face, arms, legs).
- You have headaches or feel sick.
- You're worried.

## When to seek medical advice immediately?

- You have fainted.
- You have vision problems (e.g. double vision, blurred vision).

## Your family doctor's office has just closed?

It is usually sufficient to call during the next day's consultation hours.

**Are you unsure? Call us at 1450,  
the health advice call centre.**

More information can be found at [www.wobinichrichtig.at](http://www.wobinichrichtig.at).



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