

## fainting

**FAINT:** a loss of consciousness due to a sudden but temporary reduction in the flow of blood to the brain.

Fainting can be caused by a variety of reasons, even by something as simple as over-activity, standing for long periods of time or standing up too quickly. The important thing to remember is that it's temporary and the victim will typically regain consciousness in less than one minute.

### Signs & Symptoms

- Weakness
- Fear and anxiety
- Confusion and disorientation
- Pale, cold, sweaty skin
- Weak, rapid pulse
- Slow or rapid respiration
- Dizziness and unsteadiness
- Nausea

### TIP

**Always focus on BREATHING first.**

Without breathing, the smaller injuries are far less important. If the victim has fainted and has stopped breathing, perform CPR.

### Treatment

- Assist the victim to a lying position – be ready to guide them gently to the floor
- Call 911
- Treat for shock (including rolling them onto their side)
- Recommend the victim seek medical attention when they regain consciousness

**TIP:** Stay calm and know that if the victim is breathing, everything is A-OK!

**NOTE:** A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

