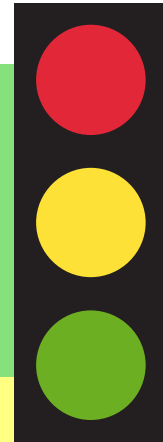


DIZZINESS ZONE TOOL



ALL CLEAR ZONE

- 👍 No symptoms of Dizziness
- 👍 No headache
- 👍 No ringing in ears
- 👍 Balance and walking are steady or at your normal

WARNING ZONE.....

In Moore County, call your healthcare provider at **910-255-4400**. If after hours, call **910-715-1000** and ask for PMC Primary Care doctor on call. In **Lee County**, call **919-708-1528**, during or after hours. PMC Walk In Clinic is available in either county.

- 👎 Dizzy, room spinning
- 👎 Fever
- 👎 Headache
- 👎 Ringing in your ears
- 👎 Dizziness does not go away or comes back
- 👎 Nausea and Vomiting

MEDICAL ALERT ZONE.....

Call 911 for ANY DISTRESS including:

- ! Passing out
- ! Chest pain or strange feeling in chest
- ! Sweating- shortness of breath
- ! Lightheadedness or sudden weakness
- ! A fast or irregular heartbeat
- ! Pain, pressure, or strange feeling in back, neck, jaw, or upper belly

STROKE SYMPTOMS.....

- ! Sudden numbness/tingling/weakness
- ! Sudden vision changes
- ! Sudden trouble speaking
- ! Sudden confusion
- ! Sudden problem with walking or balance