DIZZINESS ZONE TOOL



ALL CLEAR ZONE

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

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