

# FAINTING IN KIDS

## What to do if your child faints

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### ABOUT FAINTING

Fainting is often called "syncope" or "passing out."

- More than 100,000 adults and children go to the doctor each year for fainting.
- In children, fainting is usually harmless.
- If your child faints more than once, it's a good idea to get them checked out just in case.

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### CAUSES

Main causes are usually pain or emotional distress. Other causes include:

- Standing too long
- Change in posture
- Heart conditions/arrhythmias
- Low blood sugar or hunger
- Epilepsy
- Inner ear problems
- Dehydration
- Heat
- Head injury

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### SYMPTOMS

Before a person faints, they may feel:

- Nauseated
- Dizzy
- Room is spinning
- Sweaty/hot flash
- Cold and clammy skin
- Blurred vision

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### IF YOUR CHILD FEELS FAINT

If your child feels like they may pass out:

- Have your child sit or lie down and relax.
- Give them water and increase water intake throughout the day. Avoid caffeine and sugary drinks.
- Help them to sit up or stand up slowly.
- Remind them to avoid standing in place for a long time.

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### IF YOUR CHILD FAINTS

- Sit next to them and let them stay on the floor until they are awake.
- Let them make slow movements upon waking up.
- Loosen tight clothes.
- Call 911 if your child is injured or does not quickly awaken. Do not move them.



### GET HELP

If your child faints and:

- Is injured from falling
- Has blue lips or face
- Has trouble breathing
- Has trouble waking up
- It was from playing or being active
- Has trouble talking or remembering
- Has trouble seeing
- It happens more than once in 24 hours