

# Use outdoor power to get dizzy





## Overview

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How can you prevent dizziness?

To prevent dizziness, you can try the following home remedies and treatments: drinking adequate fluids, lying down, standing up slowly, maintaining a healthy and balanced diet with regular meals, engaging in regular exercise, getting plenty of rest, avoiding smoking, and treating any underlying conditions with medications. In some cases, intravenous (IV) fluids or fever reducers may also be helpful.

What are home remedies & treatments for dizziness?

Home remedies and treatments for dizziness may include drinking adequate fluids, lying down, standing up slowly, a healthy and balanced diet, eating regular meals, regular exercise, getting plenty of rest, not smoking, medications to treat an underlying condition, intravenous (IV) fluids to treat dehydration, fever reducers, and others.

How do you get rid of dizziness & vertigo?

For certain types of dizziness, particular positions can provide relief: For vertigo: Identify which positions make your symptoms worse and which improve them. Some people find relief by sitting with their head slightly tilted toward the unaffected ear.

How can I reduce the risk of dizziness if the weather is too hot?

7 methods can reduce the risk of dizziness when the weather is too hot: Stay hydrated: Water! Water! Water! Drink plenty of water, especially on hot days and even more during strenuous activities. Dehydration can aggravate symptoms of dizziness, so it is essential to maintain adequate fluid intake.



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This allows air to circulate better to regulate body temperature. Take frequent breaks: If you must be outdoors in hot weather, take frequent breaks in shady or air-conditioned areas to cool your ...

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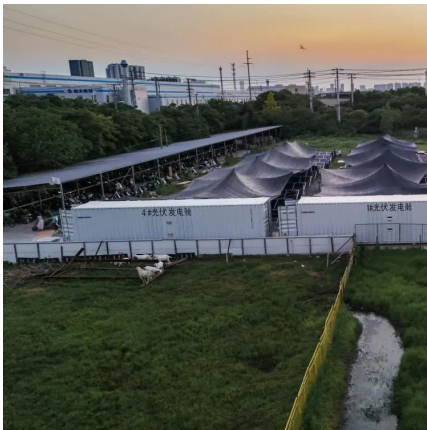


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