



THINGS TO DO WHEN A TEEN FAINTS DUE TO LOW BLOOD PRESSURE

Try to help them lie down on the floor.



Keep both legs raised for ten minutes while lying down.



Make them lie on their side if they have food in their mouth to prevent choking.



Call emergency help or take them to the nearest emergency room.



Try to wake them up by calling their name or shaking gently.



Seek medical care even if the child regains consciousness immediately.



References:

1. Dizziness And Fainting In Children And Teens; AAP
2. Syncope (Fainting); AHA