



# Have You Fainted?

'Syncope' or fainting affects up to 225,000 young people every year

An unexpected syncopal attack can be alarming but **DON'T PANIC**, the patient WILL recover and YOU can be of help!

**Recovery position** – roll the unconscious patient into this position



**A**re there any dangers which could cause them harm? If so, make the area safe

**S**tay with them, talking quietly and reassuringly until help arrives

[www.education.stars.org.uk](http://www.education.stars.org.uk)

*"working together with individuals, families and medical professionals to offer support and information on syncope and reflex anoxic seizures"*