

# FAINTING SYNCOPE

## PREVENTION GUIDE

For more details please visit  
[younghearts.ca/fainting-syncope](http://younghearts.ca/fainting-syncope)



### NOURISH

Don't skip meals



### OPEN THE SALT

Eat more salt (temporarily)



### FITNESS

Build muscle



### AVOID TRIGGERS

Have a trigger plan



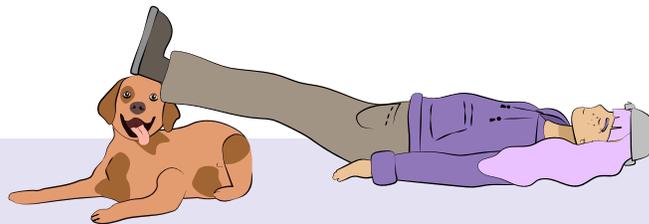
### LIFT UP SLOWLY

Don't stand up too fast



### LIQUIDS

Drink lots of water



## FEELING FAINT?

A. Sit or lie down with your feet propped up

OR

B. Perform one of these maneuvers for 30 seconds



### LEG CROSSING



### ARM PULLING



### BUTT CLENCHING



### ASYMMETRICAL SQUAT



## How much water do I need in a day?

**2-3 litres**, more if you're physically active or its hot out.

That's at least **four 500mL/16oz water bottles!**

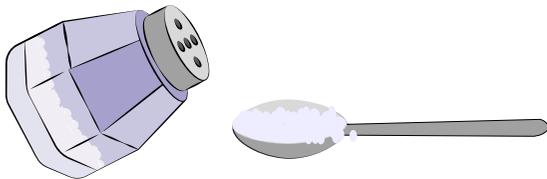


Add healthy flavors to your water like fruit slices, mint leaves, or cucumber for added flavor.

## How much salt do I need in a day?

**2000-4000 mg sodium (salt)**

1 teaspoon of salt=2300 mg sodium



**REMEMBER: SALT** is like the **GLUE** that keeps water inside your body. You need a balance of both to keep your blood pressure healthy!



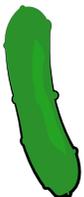
### Try these sodium-rich foods



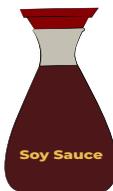
1 can Soup  
=1400-1700mg



1 serving Pad Thai  
=675-1000mg



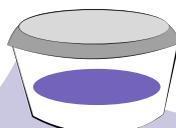
1 Pickle  
=785mg



1 tbsp Soy Sauce  
=879mg



10 small Pretzels  
=760mg



1/2 cup Cottage Cheese  
=400mg

**TIP:** If you're struggling to get enough sodium, you can take a teaspoon of salt and sprinkle a little bit on each meal until its gone!