

Transient loss of consciousness

All of a sudden, the person loses consciousness and muscle tone. They do not respond when spoken to or moved, but they continue to breathe and recover without any lasting effects.

At times, the person may experience symptoms before losing consciousness (fainting): dizziness, sweating, or nausea. The possible causes are diverse, including low blood sugar, low blood pressure, intense pain, exposure to heat, prolonged standing, etc. Therefore, it can be prevented by avoiding exposure to these situations. If the person begins to experience symptoms and **has not yet lost consciousness**, we can assist by laying them on the ground and elevating their legs.

On other occasions, loss of consciousness occurs suddenly, without previous symptoms (syncope). In this case, the causes that triggered it must be studied by the doctor.

What to do if the person has lost consciousness?

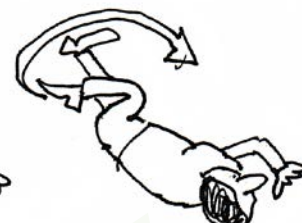
1. Before doing anything, we must ensure that there is no danger, neither for the person nor for ourselves. No risk should be taken.
2. Call 112 and explain the situation. If using a mobile phone, activate the "hands-free" to continue talking while assisting.
3. Leave the person where you found them and only move them if there is danger: traffic, fires, extreme temperatures, potential for poisoning, etc.
4. Check if they are breathing:
 - Observe for 10 seconds if they are breathing, if you feel their breath on your cheek, or if the chest is moving.
 - **If there are doubts and the person has not experienced an accident or a fall**, you can perform the chin lift maneuver to help open the airway: place one hand on

the forehead and the other on the chin, then lift the chin upward and tilt the forehead downward.



5. If they are breathing, place them in the **lateral safety position**:

- Face up, with the arm closest to you at a right angle.
- Cross the other arm and place the back of their hand under the cheekbone on your side.
- Bend the leg that is farthest away from you.
- Turn the entire body towards you.



6. Until the ambulance arrives:
 - Never leave the person alone.
 - Frequently check if they are breathing.
 - You can loosen their clothing, belt, tie...
 - Avoid exposing them to extreme temperatures.
 - Do not give them anything to drink or eat.

If the person is not breathing, cardiopulmonary resuscitation maneuvers should be initiated.