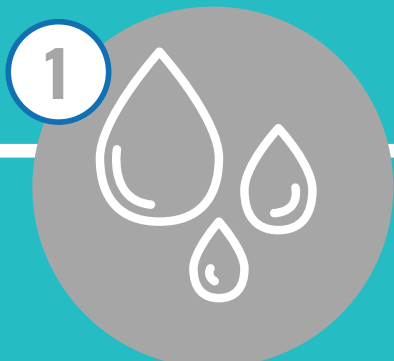


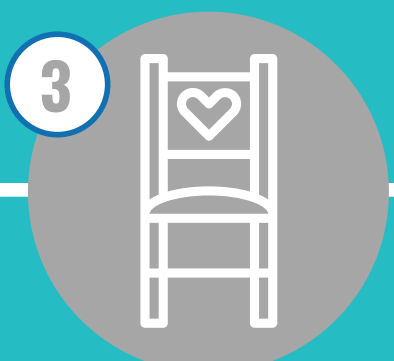
Pacing life with POTS



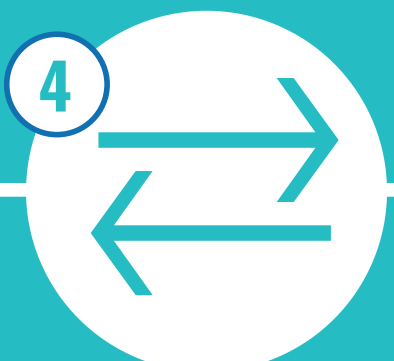
Consider wearing compression devices if you will have to stand or sit upright for an extended period.



Stay hydrated. Carry a water bottle with you and continue drinking fluids to maintain your blood volume.



Sit when possible. In people with POTS, the heart rate is higher when standing still than when laying, sitting, or walking.



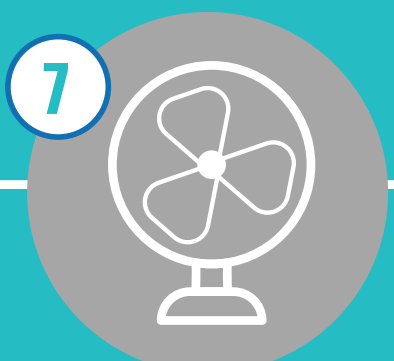
Use counter-maneuvers. Crossing your legs when standing can prevent gravity from causing blood to pool.



Take breaks frequently. If you are physically active, allow yourself a 5 min break to sit and drink some fluid.



Avoid over-stimulating environments. Bright lights, loud noises, & crowds can cause excessive fatigue.



Stay cool. Many people with POTS will have their symptoms flare when they are in a warm environment.

