

# EPILEPSY

## FIRST AID FOR SEIZURES

### DURING THE SEIZURE

MAKE sure that your friend is in a safe place and position and is comfortable.

Anyone can help during a seizure!

Gently ROLL your friend onto his or her side. This position is called the recovery position.

DO NOT give anything to drink or put anything in the mouth of the person (such as a spoon).

The myth of a person having a seizure can swallow their tongue is false, so don't worry.

MAKE sure that the surroundings of your FRIEND is calm.



Explain...

to your other friends that the person is having an epilepsy seizure.



If the seizure is still ongoing after 5 minutes, you must TAKE ACTION to prevent the seizure from evolving into a more severe condition.

Most of the time, seizures last only 1 or 2 minutes.

Remember to NOTE the start and end times of the seizure.

Call 911 or follow the instructions of an adult.



### AFTER THE SEIZURE

- Talk reassuringly to the person, for they are probably confused.
- Stay with the person and explain to them what happened. They were unconscious during the seizure, so they won't remember what happened on their own.
- During a seizure, some people lose control of their bowels and of their bladder. Tell the person you knew they couldn't hold it.
- After the seizure, most people feel tired and need to rest: let them.