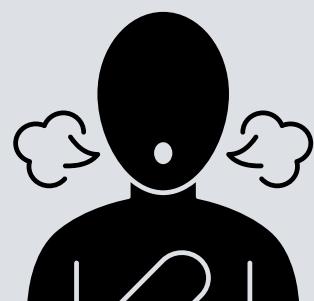


# SEIZURES

A seizure is a temporary, sudden change in the brain's electrical and chemical activity that can cause changes in a person's awareness, movement or behaviour. These can be caused by various factors, including lack of oxygen to the brain, high temperatures, a bang to the head or epilepsy, and can vary from brief staring spells to full-body stiffness and jerky convulsions.

## Important Actions!

### Remain Calm



A person seizing can be scary. Remain calm, stay with the person and, if possible, **time how long the seizure lasts** so that you can tell the medical services if needed.

### Clear the Area



Move other people away to provide privacy and prevent embarrassment or confusion.

While the casualty recovers, calmly talk to and reassure them.

### Call an Ambulance if:



- You know it is their first seizure.
- The seizure lasts more than 5 minutes.
- They are injured during the seizure.
- You think they need urgent medical help.

## How To Help Someone Having a Seizure

### During The Seizure

#### Do:

- Ease the person to the floor if they are standing or sitting.
- Protect the person from injury (move hazards away).
- Cushion their head with something soft.
- Look for an epilepsy identity card or identity jewellery - it may give you information about their seizures and what to do.



#### Don't:

- Try to restrain their movements in any way.
- Put anything in their mouth
- Try to move them unless they are in danger
- Give them anything to eat or drink until they are fully recovered.



### After The Seizure

- Check their breathing and place them in the recovery position.
- Stay with them until they are fully alert.
- Speak calmly and reassure them.
- Note any injuries or unusual behaviour and call an ambulance if needed.
- **If they are not breathing, start CPR immediately.**

