

Do you know how to act when someone has a seizure?

It is important that you know how to act correctly if you see someone having a seizure.

What should you do?¹⁻³

1.

Remain calm.

2.

Ease the person to the floor. Turn the person gently onto one side.

3.

Clear the area around the person of anything hard or sharp. This can prevent injury, and place something soft under their head.

4.



Remove eyeglasses and/or loosen tight clothes around neck.



5.

Time the seizure. Rescue medicines can be given if recommended by their doctor.

6.

Stay with the person until the seizure ends and he or she is fully awake.



✘ What shouldn't you do?^{1,2}



Do **NOT** hold the person down or try to stop his or her movements.



Do **NOT** try to give mouth-to-mouth breaths (like CPR). People usually start breathing again on their own after a seizure.



Do **NOT** put anything in their mouth (people having a seizure cannot swallow their tongue).



Do **NOT** offer the person water or food until he or she is fully alert.



Call for an ambulance if...^{1,2}



The person has never had a seizure before.



The person is hurt during the seizure.



If the seizure lasts longer than 5 minutes or the person has another seizure soon after the first one.



The person has a health condition like diabetes, heart disease, or is pregnant.

www.knowingepilepsy.com

REFERENCES

1. Epilepsy Action website. What to do when someone has a seizure. Accessed January 2021. Available in: <https://www.epilepsy.org.uk/info/firstaid/>

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3. Epilepsy Foundation and epilepsy together website. First Aid for Seizures - Stay, Safe, Side. Accessed January 2021. Available in: <https://www.epilepsy.com/living-epilepsy/seizure-first-aid-and-safety/first-aid-seizures-stay-safe-side>



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