

EPILEPTIC SEIZURE



An epileptic seizure usually starts suddenly and without a warning. The person may lose consciousness, become unaware of what is going around, fall, shake, cry out, become as rigid as a board, stop breathing or turn blue in the face.

Next comes a series of jerking movements, froth around their mouth caused by the increase of saliva, and even urinary incontinence; this stage lasts 2 to 3 minutes.

Eventually, the patient stops jerking and awakes; they will not remember a thing. Unaware of what has happened, they can be confused and sleepy for a while (this usually lasts a few minutes, but may last for hours).



DO



- Stay calm.
- Help the patient lie down if they are aware of a warning, that is, if they realize they are going to have an epileptic seizure; place them on their side; make them safe and prevent injury.
- Clear any dangerous objects away from them so that they do not hurt themselves.
- Cushion their head with a pillow or clothes to stop it hitting the ground.
- Stay close to someone who has had a seizure. Stay until they regain complete consciousness (which usually happens in less than five minutes).
- Once the shaking stops, make sure they keep breathing.
- If the person is breathing, gently roll them on to their side into the recovery position.
- Call 112 and inform a doctor what has happened.



DON'T



- Put anything into their mouth to avoid biting their tongue.
- Move the person, unless they are in danger or close to any hazard.
- Restrain the person to stop the jerking.
- Offer water, pills or food until the person is fully recovered, or if they are dazed, unsteady or sleepy.
- Leave anyone who has had a seizure alone.



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