**EPILEPSY AND/OR SEIZURES**

What is Epilepsy?

A seizure is “a sudden, uncontrolled electrical disturbance in the brain. It can cause changes in your behavior, movements, or feelings, and in levels of consciousness.”

www.mayoclinic.org

How to Help Someone Having a Seizure?

Seizures typically can last from 30 seconds to 2 minutes. A seizure lasting longer than 2 minutes could be a medical emergency. The type and severity of seizures vary from person to person. The assistance you provide may also vary depending on the type of seizure:

Types of Seizures and Response:

1. **Focal Seizure**—person is conscious and often aware of the seizure:
   a. Stay calm.
   b. Carefully direct the person away from any danger.
   c. Reassure the person as they may feel disoriented.
   d. Do not restrain the person.
   e. Stay with them until they recover to their normal self.

2. **Generalized Seizures**—unconscious, blank stare, eyes fluttering, uncontrollable jerking movements, muscle stiffening, fear and anxiety:
   a. Stay calm.
   b. Is the person in a dangerous place? If not, do not move them.
   c. Do not attempt to restrain the person or put anything in their mouth.
   d. Note the time the seizure started.
   e. Turn the person on their side if they appear to have something blocking their airway, but do not put your fingers in their mouth.
   f. Stay with them until they return to normal, they may feel shaky and weak for a little while.

Call 911 if:

- The seizure lasts longer than 2 minutes.
- An injury occurred when the seizure began such as falling and hitting their head.
- The person seizing is pregnant or is a diabetic.
- Breathing and consciousness does not return.
- A second seizure occurs.
- The seizure is the result of a second condition such as heat exhaustion, a car accident, or other type of head trauma.
- If the individual has experienced a first-time seizure then they should be evaluated by a medical professional.

Seizures are not rare and can occur alone or due to another diagnosis or injury. At least one million people in the U.S. have uncontrolled seizures or epilepsy.

www.epilepsy.com

Facts about Seizures:

A person cannot swallow their tongue.

Epilepsy or seizures are not contagious.

People with epilepsy can do most anything other people can do. Sometimes they are unable to drive a car or work if seizures are frequent.

Seizures can start at any stage in life and happen almost as often in adults over 65 as in children.

Although rare, sudden death can occur during a seizure.

There is currently no cure for epilepsy and seizures cannot be stopped.