

# EPILEPSY SEIZURE

## FIRST AID (FA) & FIRST GUIDANCE (FG)



### DO'S

#### KEEP CALM

Compose yourself, remain calm, feel helpful.

#### ASSESS THE SITUATION

Make sure they are safe e.g. away from fire, window glasses, roads, machines and raised surface. Clear the area of anything hard or sharp that can injure the person e.g. eyeglasses, tight clothing etc.

#### PROTECT FROM INJURY

Use a soft pillow or jumper for example to cushion their head or any other body part that may be injured. Remember that you do not get epilepsy from saliva, blood, body fluids or from touching a person having a seizure.

#### TIME LENGTH OF SEIZURE, SEEK HELP IF SEIZURE EXCEEDS 5 MINUTES

If the seizure continues beyond 5 minutes call an ambulance or ask a doctor, nurse or community/village health worker to assist if there is no ambulance.

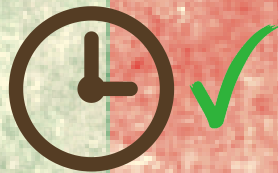
#### PUT IN RECOVERY POSITION

If the seizures stop on their own, put the person by their side in recovery position. This can be right or left side, depending on the first aider's position. Cover the person with blanket for dignity. Stay with them and reassure them. If a child, inform their family.

#### FINAL ASSESSMENT

Call an ambulance or take the person to a hospital or clinic if:

- You know it's their first seizure.
  - The seizure lasts more than 5 minutes.
  - One seizure follows another without the person regaining consciousness in between.
  - They are seriously injured.
  - They have trouble breathing after the seizure has stopped.
- Assess if they need help to reach home or to contact a relative.



### DONT'S

Do not run away but help.

Do not restrain the person to stop seizures, seizures can not be stopped when they have started.

Do not put anything in the person's mouth, no tablets, water or food.

Do not move them unless in danger.

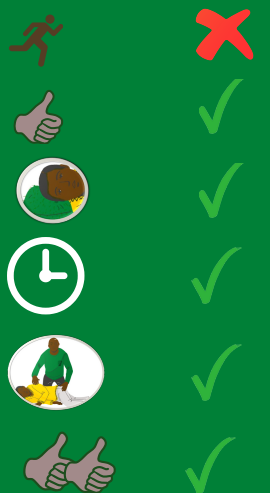
Do not pour water on the person.

Do not hold babies too tightly.

Do not leave the person alone until you know they are fine.

### KEY POINTS

- Keep calm
- Assess
- Protect
- Check time
- Recovery position
- Assess again



PICTURE CREDIT: TEVVI

Poster published by Epilepsy Alliance Africa (EAA) on 24 April 2022. Information in this poster came from professionals, people with epilepsy and care givers in Africa. The information is reviewed after every 3 years to ensure it remains accurate. If you have any comments or feedback about this poster contact us.

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