

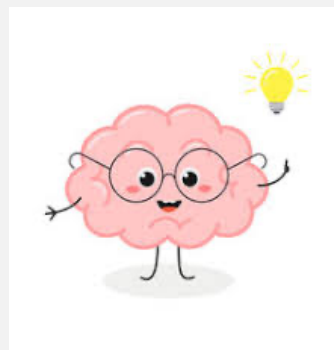


SEIZURE FIRST AID

WHAT IS A SEIZURE?

Seizures are where the brain gets overly excited. Your brain has the big job of sending messages around your body to tell it what it needs to do. For example it sends a message to your legs to walk.

When you have epilepsy your brain can sometimes get all these messages confused leading to a seizure.



TYPES OF SEIZURES:

1. Some can make a person stop and stare for a few minutes
2. Others can cause a person to fall over and start shaking
3. Others can cause movements during your sleep

WHAT HAPPENS AFTER A SEIZURE?

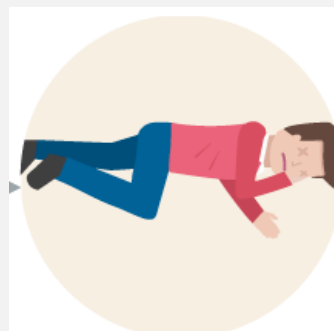
After a seizure, a person can be left feeling **really tired**. They can also feel slightly **wobbly**.

THINGS YOU MUST NOT DO:

- DO NOT** put anything in their mouth
- DO NOT** try and physically stop them

WHAT TO DO:

1. You need to get an adult as quick as possible.
2. A seizure can be really scary for people around but it is important to **stay calm and do not panic**.
3. Try to stay with the person as long as possible so they do not hurt themselves.
4. The adult will place something soft under their head so they don't hurt it. They will put the person in a **recovery position as soon as the seizure stops and make sure they are safe**.
5. The adult will time the seizure, if it lasts more than 5 minutes you need to call 999 for the ambulance.



HOW TO TREAT PEOPLE WITH EPILEPSY

1. Epilepsy is very difficult for people and others might not understand what is happening. **It's important to be extra nice to someone with epilepsy.**
2. Some children have to wear glasses to see better and others have to use an inhaler for their asthma. Seizures are what happens in epilepsy.