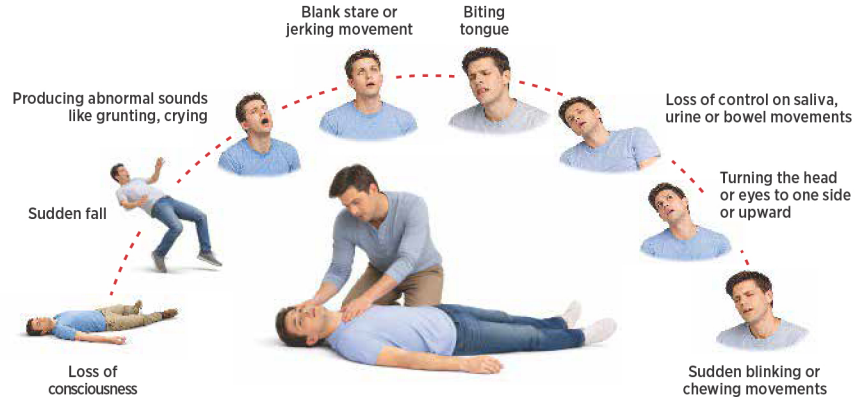
DURING SEIZURE YOUR HELP MATTERS

A seizure occurs when there is a sudden and uncontrolled surge of electrical activity in the brain, leading to alterations in behavior, movement, emotions and levels of consciousness.

How would you know if a person is having a seizure?



How can you help someone during seizure?

Keep calm and reassure other people who may be nearby

Time the seizure

Remove nearby things that can be dangerous

Loosen the tight fitting clothes

Turn them to one side to prevent choking

Put something flat and soft under the head

Don't attempt artificial respiration

Don't try to force the mouth open

Don't try to stop his movements

Stay with the person until the seizure ends naturally

References:

● University of Michigan Medicine. Seizure First Aid and Safety. [Internet]. University of Michigan Medicine; [publication date unknown]. Cited 2024 Mar 29. Available from: https://www.med.umich.edu/ 1libr/Neurology/Epilepsy/ Seizure FirstAidandSafety.pdf. | ● University of Florida Health. Seizures: Patient Education. [Internet]. University of Florida Health; [publication date unknown]. Cited 2024 Mar

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Disclaimer: This is an educational content and is meant for reference purposes only and not meant to replace your doctor's advice.Kindly consult you doctor for more information on managing seizure episode