

EPILEPSY AWARENESS

****IN ANY DOUBT CALL 999****

Signs that a seizure might be on the way;

Person might look pale/grey faced very quickly.

Person may stop talking mid-sentence.

Person might get very confused, repeating the same sentence or ask the same question.

Person might have twitchy eyes and might be looking around quickly with a confused blank expression.

When the person is talking, they may suddenly sound drunk & be slurring words. They may also sound like words are stuck, almost stammering.

If you ask them if they are ok, they will usually say yes, however they might not give eye contact and almost looks like they're looking through you.

At this point, sit them down, anywhere safe. Even if they repeat that they are ok, just explain that you think a seizure might be coming and that they need to sit down.

Types of seizures;

Absence – the person will go still, sometimes they will go rigid. Not shaking. They can hear people and may talk in slurring words, jumbled sentences. They may also try to get up and walk around

Drop seizure – They will just drop to the floor and may or may not shake.

Tonic Clonic – This is a shaking seizure, what is referred to as a fit. This is what most people think of when they think of a seizure. Another word for this is a convulsion.

Seizures usually last about 5 mins and people can sometimes have a few seizures back to back. If they bang their head, please call an ambulance immediately. If in any doubt, call an ambulance.

If seizure happens;

Make the person sit or lie down if not already

DO NOT restrain them at all

If in a dangerous place, move to a safer area. If safe do not move him them. Place a jumper/scarf/hat or some type of padding if available under their head if shaking. Place in a recovery position.

Most if not all people can still hear you when having seizures, most of the time. Please talk to them, say everything is ok to reassure them.