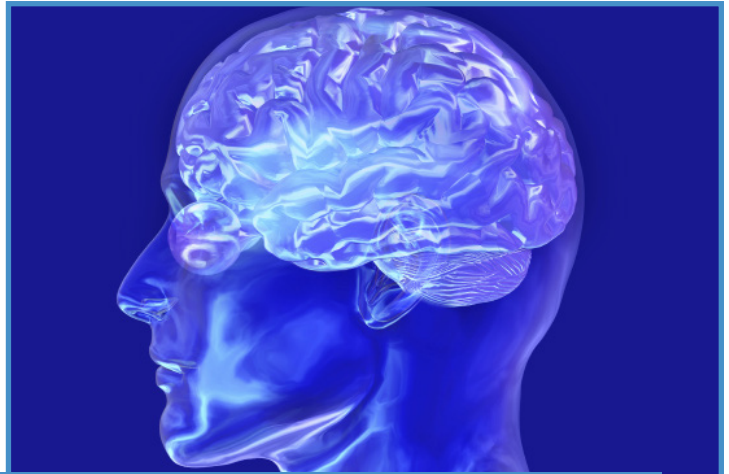


# Epilepsy



**Epilepsy is a central nervous system or neurological disorder which causes different kinds of seizures which can vary in severity. If you are nearby when someone has a seizure, there are things that you can do to prevent them from hurting themselves and to make them more comfortable until the seizure passes.**

There are two major categories of seizure: focal and generalised seizures. Each category includes different kinds of seizure. Symptoms of a mild seizure may include blank staring for several minutes while a grand mal seizure is more severe and involves severe jerking of muscles.

## Symptoms of a seizure

Although there are many different kinds of seizure, these are some common symptoms of seizures:

- Temporary confusion.
- Loss of concentration and staring into space.
- Involuntary jerking movements in the arms and legs.
- Spasms in the back, neck, arms, and legs.
- Loss of consciousness and awareness.
- Psychic symptoms including detachment, memory distortion, time distortion, and unprovoked emotion.

If you see anyone experiencing one or any combination of the above symptoms you should call for immediate medical attention. Usually, a person suffering from epilepsy will experience the same kinds of seizures and the same symptoms every time they have a seizure.

## What to do

When someone is having a seizure, the most important thing to do is to keep them safe, keep them comfortable, and keep observing them. Here

are some further tips for helping someone through a seizure until medical attention arrives:

- Gently roll the person onto their side.
- Put something soft under their head to prevent head injuries.
- Cover their lower body with a blanket, towel, or jacket because they may lose control of their bladder during the seizure.
- Loosen any tight or restrictive clothing like ties, jackets, or belts.
- Remove any nearby objects which can cause them harm or injury.
- Stay near the person until medical personnel arrive, carefully observing any symptoms to report to them, including the duration of the seizure.
- Check for a medic alert bracelet.

In addition, be sure not to place anything in the mouth – neither a finger, nor a spoon, nor a tongue compressor – as it is not possible to swallow the tongue and this may result in choking or injury. Also, do not attempt to restrain the person in any way as involuntary muscle spasms and jerking can be violent.

It is important to stay calm and keep the person having the seizure safe and comfortable for the duration of the seizure or until medical personnel arrive. Do not panic and be sure to provide medics with a full report when they arrive. This can mean the difference between endangering the person and saving their life.