

EUROPEAN EPILEPSY DAY 2014

SEIZURE FIRST AID

Would you know what to do if you saw someone having a seizure? The most important thing to know is that you cannot stop a seizure. You must let it run its course which, in most cases, will only be from a few seconds to a few minutes.

What you should DO:

- Protect the person from injury and remove harmful objects
- Cushion the person's head
- Gently place the person in the recovery position when the seizure has finished
- Stay with them until recovery is complete (5-20 minutes)
- Calmly reassure the person

What you should NOT DO:

- Do not panic or walk away
- Do not hold down or restrain the person's movements
- Do not put anything in the person's mouth - it is a myth that they can swallow their tongue
- Do not try to move the person unless they are in danger
- Do not give the person anything to eat or drink until fully recovered

Call for an ambulance if...

- You know it is the person's first seizure, *or*
- The seizure continues for more than five minutes, *or*
- One seizure follows another without the person regaining consciousness between seizures, *or*
- The person is injured during the seizure, *or*
- You believe the person needs urgent medical attention



*Epilepsy
is more
than
seizures*

10 FEBRUARY 2014
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EUROPEAN EPILEPSY DAY

 European Advocates for
epilepsy

Epilepsy
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Europe



European Epilepsy Day is organised by Epilepsy Advocacy Europe Task Force,
European Advocates for Epilepsy MEP special interest group,
and by national epilepsy associations across Europe