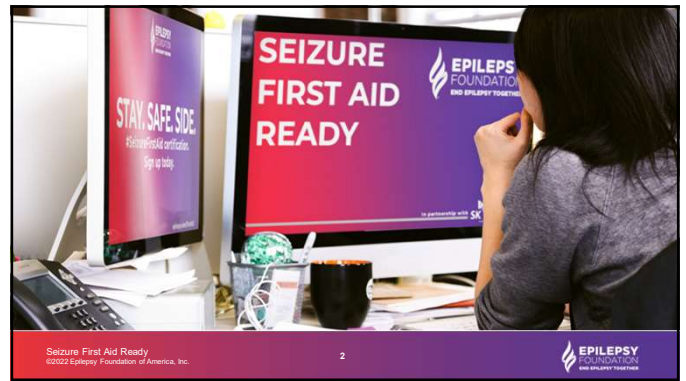
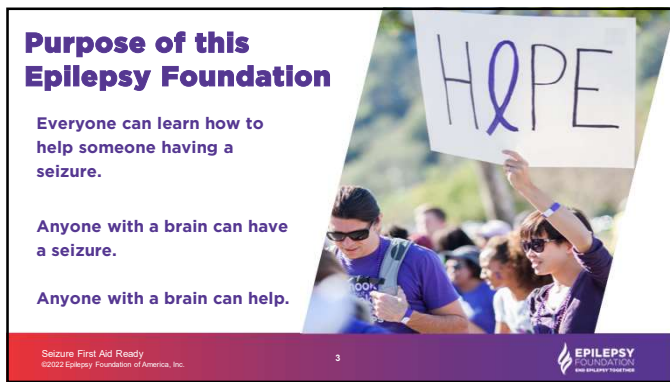


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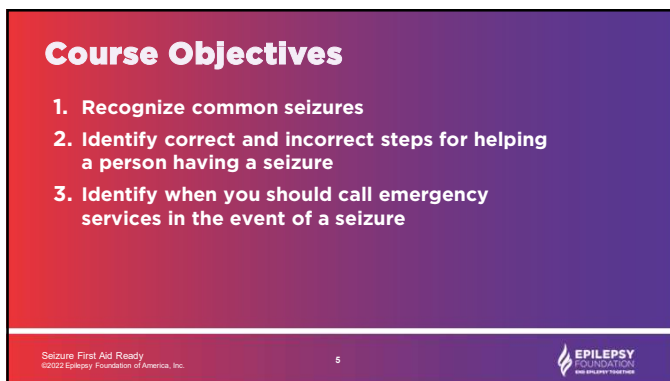
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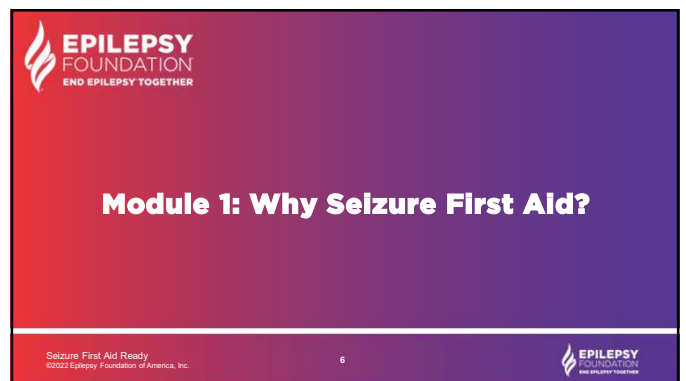
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Why Should I Know Seizure First Aid?

Anyone,
anywhere
can have
a seizure.

1 in 10

people will have a seizure
during their lifetime.

You can help.

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#ShareMySeizure

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1

ACTIVITY:

DID YOU
KNOW...

INSTRUCTIONS:

1. **Raise your hand** when you know a statement
2. **Keep your hand up** if you already know these facts about seizures
3. **Put your hand down** when you hear something that you do not know.

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1

DID YOU KNOW ...

EVERYONE
can learn
Seizure
First Aid

Most seizures
are **NOT**
medical
emergencies

A person may
NOT be aware
they are having
a seizure

Seizures
are **NOT**
contagious

A person can
NOT swallow
their tongue
during a seizure

Epilepsy **IS**
a medical
disease

A person
CAN die
from a seizure

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Risks Related to Seizures

- Physical injury
- Difficulty breathing
- Drowning
- Prolonged Seizure Activity
- Seizure emergencies
- Early death
 - Accidents or drowning
 - Breathing or heart problems



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Review and Reflect

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Module 2: Seizures and Epilepsy


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The Brain And Seizures

- A seizure occurs when there is a temporary change in the way the brain sends electrical signals
- When a seizure happens, there is a “short circuit” in the way messages are sent between brain cells
- Seizures can occur with other conditions




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What Do Seizures Look Like?


- Seizures are often portrayed in one way
- Seizures do present in different ways
- Symptoms are individual



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What Is Epilepsy?

Epilepsy is diagnosed when a person has two or more unprovoked seizures or one seizure with a high likelihood of having more.

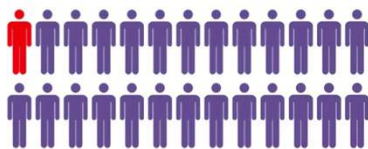
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Rate of Epilepsy

1 in 26



people in the United States will be diagnosed with epilepsy during their lifetime.


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Review and Reflect

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EPILEPSY
FOUNDATION
END EPILEPSY TOGETHER

Module 3: Seizure Recognition

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Recognizing Seizures



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Recognizing Seizures






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What To Look For During A Seizure

<ul style="list-style-type: none"> What did you see or hear first? Was person able to tell you if they didn't feel well?  <p>EARLY SIGNS</p>	<ul style="list-style-type: none"> What happened next? Was person awake, confused, not conscious? What part of face and body involved? Did you notice changes in speech or behavior? <p>DURING SEIZURE</p>	<ul style="list-style-type: none"> How long did seizure last? Did person quickly return to usual? Was person tired, confused, describe other symptoms?  <p>AFTER SEIZURE</p>
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Seizure With Confusion or Not Aware

Focal Impaired Awareness Seizure

- Not aware or confused
- May have blank dazed stare
- AUTOMATISMS** (repeated purposeless movements)
- Clumsy movements
- May not be able to talk
- Often followed by tired, headache, nausea
- May become combative if restrained




LENGTH:
1 to 3 minutes

May be confused with:
Substance abuse (alcohol, illicit drugs)
Aggressive behavior
Mental health problems

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Focal Impaired Awareness Seizure



Courtesy of Epilepsy Foundation and CBS Cares #ShareMySeizure

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Seizure With Staring And Not Aware

Generalized Absence Seizure

- Generalized seizure
- Affects both sides of the brain
- Presents with a pause or blank stare and brief lapse in awareness
- Person is absent for a moment
- May blink or chew
- May happen once or twice a day or up to fifty or one hundred times
- Person may appear confused or daydreaming



LENGTH:
less than 20 seconds
Often confused with:
Daydreaming
Attention problems

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Generalized Absence Seizure

Seizure #3



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Seizure With Loss of Consciousness

Tonic Clonic Seizure

- A sudden, hoarse cry
- Loss of consciousness
- A fall
- Stiff body, arms, and legs [tonic] then rhythmic jerking [clonic]
- Shallow breathing, drooling may occur
- Possible loss of bowel or bladder control
- Lips and skin may look grey or blue
- Often followed by confusion, headache, fatigue, sore muscles, and difficulty with speech



LENGTH:
Typically between 1 and 3 minutes
Often followed by
confusion, headache,
tired, sore, tongue
bitten, speech difficulty

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Tonic Clonic Seizure



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Other Types of Generalized Seizures



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Review and Reflect

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The 3 Basic Principles of Seizure First Aid




**STAY
SAFE +
SIDE**



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Seizure First Aid

1	STAY with the person until they are awake and alert after the seizure. ✓Time the seizure ✓Remain calm ✓Check for medical ID	
2	Keep the person SAFE . ✓Move or guide away from harm	
3	Turn the person onto their SIDE if they are not awake and aware. ✓Keep airway clear ✓Loosen tight clothes around neck ✓Put something small and soft under the head	



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Seizure First Aid
How to help someone having a seizure

1	STAY with the person until they are awake and alert after the seizure. ✓Time the seizure ✓Remain calm ✓Check for medical ID	
2	Keep the person SAFE . ✓Move or guide away from harm	
3	Turn the person onto their SIDE if they are not awake and aware. ✓Keep airway clear ✓Loosen tight clothes around neck ✓Put something small and soft under the head	

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Seizures are Unpredictable and Can Happen Anywhere

- Pay extra attention to safety
- Guide the person away from danger
- Don't restrain them unless absolutely necessary to prevent injury
- If they are about to fall or are unconscious lie them down if possible
- Never leave the person alone
- Simple first aid may be all that is needed

Call for help if person is alone and not recovering






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What NOT To Do

<p>1</p> <p>Do NOT restrain or forcibly hold the person down</p> 	<p>2</p> <p>Do NOT put any objects in their mouth</p> 	<p>3</p> <p>Do NOT give water or food until person is awake and able to swallow</p> 
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Follow Seizure Action Plan
Rescue Therapy may be used as prescribed by health care provider

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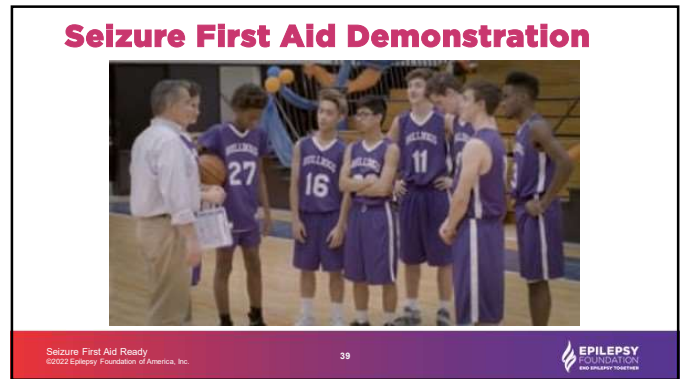
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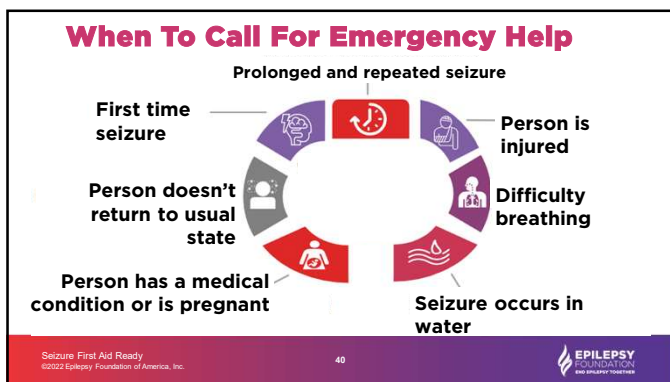
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Share What Happened During The Seizure

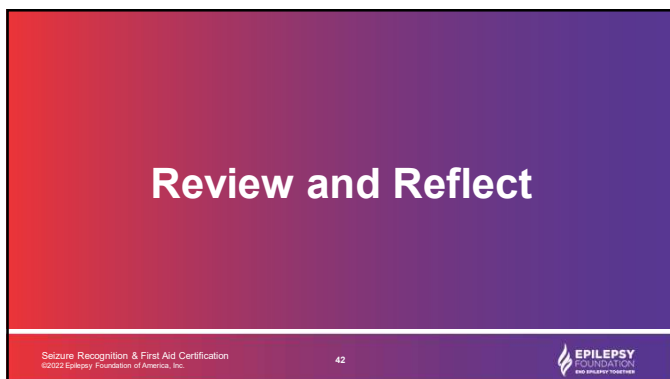
- Sharing what you observed during a seizure can provide valuable help
- Remain calm
- Stay with the person until awake, alert, and oriented
- Offer to call a friend or family member if needed
- Ensure they have safe transportation
- If EMS was called, give as much detail as possible about what happened

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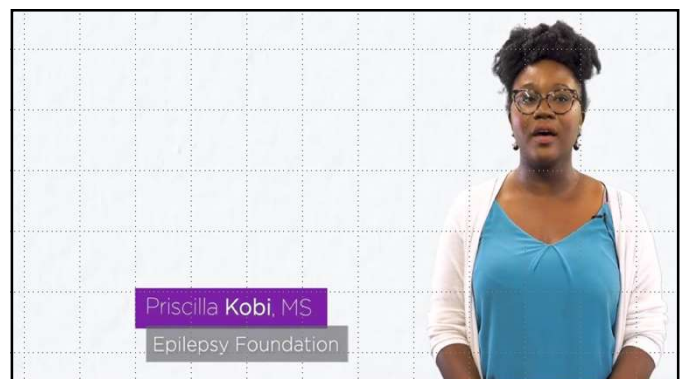
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EPILEPSY FOUNDATION
and Epilepsy Treatment

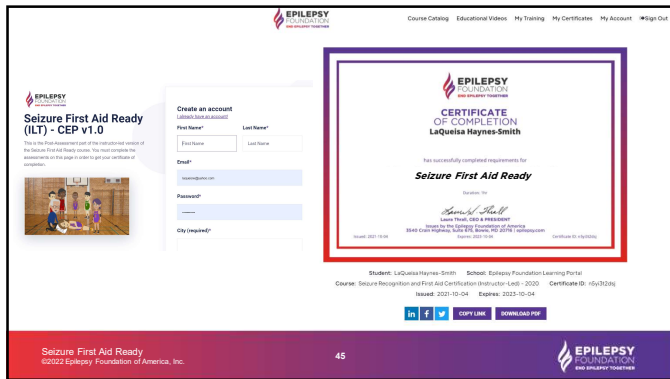
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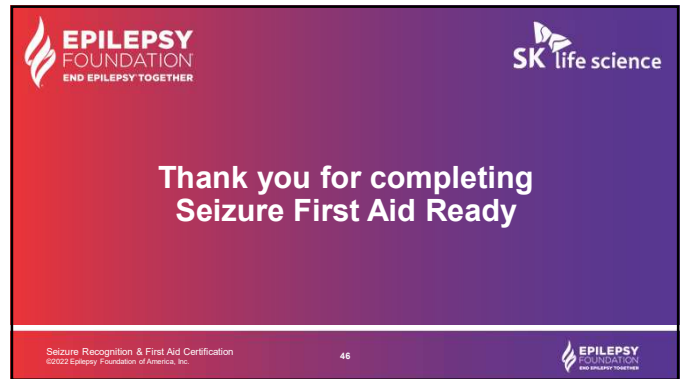
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