



Neurosupport Centre, Norton Street, Liverpool L3 8LR

Tel: 0151 298 2666 Fax: 0151 298 2333 Email: epilepsy@mrea.demon.co.uk Website: www.epilepsymersey.org.uk

epilepsy - first aid

Keep it simple

The guidance to the right show that, in the case of a convulsive seizure, there is very little to do.

What not to do

Do not panic

Do not attempt to restrict or restrain movements during the seizure.

Do not as a matter of course call an ambulance.

Non convulsive seizures

Absence Seizures: There is no first aid requirement.

Complex partial seizures: During this type of seizure the person should be accompanied and gently led away from any source of danger.

Above all

KEEP CALM

The Association provides high quality literature on many aspects of epilepsy and is available free of charge as downloads from the internet.

www.epilepsymersey.org.uk

Move objects out of the way which could hurt the person having the seizure.

Let the seizure run its course. When it is over move the person to a comfortable place. Sometimes the person needs to be carried because of extreme tiredness but usually only a little help is needed.

If possible, place something under the person's head so that the head doesn't bang against the floor causing injury.

Let the person have a sleep or at least a good rest once the seizure is over.

NEVER FORCE ANYTHING IN THE MOUTH DURING THE SEIZURE

Some people wrongly think that you need to do this in order to prevent the person's tongue being bitten. The worst that can happen with a bitten tongue is that it will hurt for a day or two - it heals quite quickly. The worst that can happen if something is forced in the mouth is that teeth will get broken - these will never heal.

IF ONE SEIZURE FOLLOWS ANOTHER WITHOUT THE PERSON REGAINING CONSCIOUSNESS, OR OF A SEIZURE LASTS LONGER THAN 5 MINUTES, GET MEDICAL HELP IMMEDIATELY