

SEIZURE EDUCATION & FIRST AID

WHAT ARE SEIZURES?

A seizure is a burst of uncontrolled electrical activity between brain cells (also called neurons or nerve cells) that causes temporary abnormalities in muscle tone or movements (stiffness, twitching or limpness), behaviors, sensations or states of awareness.

EPILEPSY VS SEIZURES

Seizures are not all alike. A seizure can be a single event due to an acute cause, such as medication. A seizure is a single occurrence, and epilepsy is reoccurring seizure activity. Epilepsy is a neurological condition that is characterized by two or more unprovoked seizures.



TYPES OF SEIZURES:

FOCAL SEIZURES:

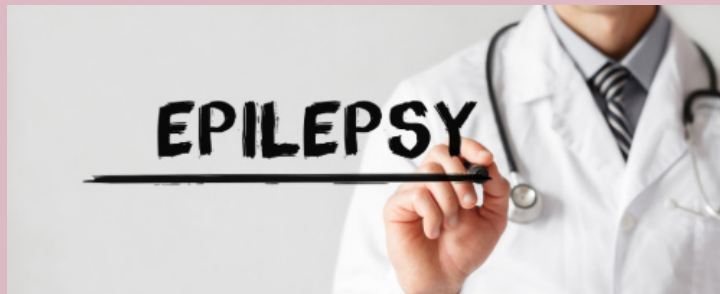
Also referred to as “Partial Seizures,” focal seizures start in one area and can spread across the brain causing mild to severe symptoms, depending on how the electrical discharges spread. Examples: simple focal seizures, complex focal seizures, and secondary generalized seizures.

GENERALIZED SEIZURES:

Can start out as focal seizures and spread to both sides of the brain, but they can also occur as “generalized onset” seizures, where seizure activity starts simultaneously over both sides of the brain. Generalized onset seizures usually start during childhood and are caused by abnormal regulation between parts of the brain. Examples: absence seizures (petit mal seizures) and tonic-clonic seizures (grand mal seizures).

DIAGNOSING SEIZURES & EPILEPSY

Seizures need to be reviewed by a health care professional. It may take several tests to determine the cause and likelihood of reoccurrence.



TESTING MAY INCLUDE:

- + Neurological exam
- + Blood tests
- + Lumbar puncture (spinal tap)
- + Electroencephalogram (EEG)
- + Magnetic resonance imaging (MRI)
- + Computerized tomography (CT)
- + Positron emission tomography (PET)
- + Single-photon emission computed tomography (SPECT).

The goal for treatment is to stop the seizure activity with the fewest side effects. Treatment types include medication, dietary therapy, surgery, and electrical stimulation. Neurologists can help with the diagnosis and treatment of seizure activity.

ASK YOUR CARE MANAGER FOR SUPPORTS & SERVICES AVAILABLE TO ADDRESS BEHAVIOR CONCERNS OF A LOVED ONE

SEIZURE FIRST AID

How to help someone who is 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 them away from **HARM**



3

Turn the person onto their **SIDE** if they are not aware and aware.

- + Put **SOMETHING SMALL & SOFT** under the head
- + Keep airway **CLEAR**
- + Loosen **TIGHT CLOTHES** around neck



CALL 911 IF...

- + Person does not return to their usual state
- + Seizure lasts longer than 5 minutes
- + Repeated Seizures
- + Person is injured, pregnant, or sick
- + First Time Seizure
- + Seizure occurs in water
- + Difficulty Breathing

DO NOT

- ✗ Do **NOT** restrain
- ✗ Do **NOT** put any objects in the person's mouth
- ✓ **RESCUE MEDICATION CAN BE GIVEN** if prescribed by a health care professional

LEARN MORE AT:
epilepsy.com/firstaid