

Basic steps when someone has a seizure listed in order of importance:

1. Stay Calm:

Remain calm and try to reassure those around you. A seizure can be frightening, but it's crucial to stay composed.

2. Ensure Safety:

Gently guide the person away from any potential dangers, such as sharp objects or hard furniture. If the person has already begun seizing and this is not possible, create a safe space by clearing the area around them. In the process of making sure they are safe, make sure their head is cushioned with a pillow, folded jacket or something else that is soft. Do not restrict their movement, though, and do not place any objects in their mouth.

3. Time the Seizure:

If possible, check the time when the seizure starts. If the seizure lasts longer than five minutes, or if another seizure begins right after the first one ends, it's important to seek emergency medical attention.

4. After Care:

After the seizure, turn the person onto their side to aid breathing. Stay with them and offer reassurance as they regain consciousness. If the person is having difficulty breathing or if the seizure lasts longer than five minutes, immediately call for emergency medical assistance. If the person has a significant

visible injury, call for immediate medical attention as well. Stay with them until paramedics arrive and you can describe what happened, and ensure they are safely in their care.

Remember, each person's experience with epilepsy is unique, and it's essential to consult with healthcare professionals for personalized advice. Additionally, educating those around you about epilepsy can help create a more supportive environment. Please know that although this is a basic guideline, this is not all-inclusive and should not supersede any doctor's advice. If you do not know the person having the seizure, I always recommend calling for medical help immediately. It is better to have the medical help on scene and then have that person turn them away, than to not have them there and need them.

I hope this guide is helpful, and although it is basic, I hope that it provides useful information for those wanting to learn how they can best help in the event of someone having a seizure. Please feel free to share this guide with others as well.

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