

HOW TO HELP IN CASE OF A SEIZURE

AN EPILEPSY ATTACK MAY APPEAR DISTRESSING, BUT YOU CAN TAKE SIMPLE STEPS TO HELP THE PATIENT. IN CASE OF AN EMERGENCY HERE'S WHAT TO DO.

WHAT YOU SHOULD DO



Keep others around you calm



Check if the person is wearing medical ID saying they have epilepsy



Remove any glasses, ties or scarves



Remove anything hard or sharp nearby



Turn them onto their side & put something soft underneath their head



If the seizure lasts five (5) minutes or longer call emergency services



When the patient regains consciousness, stay calm and reassuring. Explain what has happened & stay with them until they're fully alert or until help arrives

WHAT NOT TO DO IN THIS SITUATION



First things first, do not panic!



Don't place anything inside their mouth including your hands



Don't try to restrain the person

Most people with epilepsy resume normal activities once they've rested & recovered however, if the person

- Has difficulty breathing
- Has never had a seizure before
- Is hurt during the convulsion or
- Has another seizure shortly after the first one

DIAL *120*15570# FOR TRAUMA ASSIST or CALL ER24 084 124

WITH LEGAL&TAX YOU'RE NOT ALONE



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