



EEG AFRICA

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WHAT TO DO WHEN SOMEONE HAS A SEIZURE???

About 1 out of 10 people may have a seizure during his or her lifetime. That means seizures are common, and one day you might need to help someone during or after a seizure.

From CDC Centre for disease control: Epilepsy; Seizure First Aid

When to call an ambulance:

- The person has difficulty breathing or waking after the seizure.
- The seizure lasts longer than 5 minutes.
- The person has another seizure soon after the first.
- The person is hurt during the seizure or the seizure happens in water
- The person has a health condition like diabetes, heart disease or is pregnant.

FIRST AID FOR GENERALIZED TONIC CLONIC (GRAND MAL) SEIZURES

In this type of seizure, the person may cry out, fall, shake or jerk, and become unaware of what's going on around them.

Here are things you can do to help someone who is having this type of seizure:

- Ease the person to the floor.
- Turn the person gently onto one side. This will help the person breathe.
- Clear the area around the person of anything hard or sharp. This can prevent injury.
- Put something soft and flat, like a folded jacket, under his or her head.
- Remove eyeglasses.
- Loosen ties or anything around the neck that may make it hard to breathe.
- Time the seizure. Call 911 if the seizure lasts

FIRST AID FOR ANY TYPE OF SEIZURE

There are many types of seizures. Most seizures end in a few minutes.

These are general steps to help someone who is having any type seizure:

- Stay with the person until the seizure ends and he or she is fully awake. After it ends, help the person sit in a safe place. Once they are alert and able to communicate, tell them what happened.
- Comfort the person and speak calmly.
- Check to see if the person is wearing a medical bracelet or other emergency information.
- Keep yourself and other people calm.
- Offer to call a taxi or another person to make sure the person gets home safely

Stop! DO NOT:

- Do **not** hold them down/try to stop the movements.
- Do **not** put anything in their mouth. This can injure the teeth or jaw. (They cannot swallow their tongue)
- Do **not** try to give mouth-to-mouth CPR. People usually start breathing again on their own after the seizure
- Do **not** offer them food or water until he or she is fully alert.