

BASIC STRATEGIES for SEIZURES



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Seizures are one of the most common medical occurrences, affecting an estimated 1 out of every 10 people. For this reason, it is important for everyone to know some basic strategies for seizures. There are several different types of seizures, some of which may call for specific actions. However, the following do's and don'ts can provide basic help and care in almost every situation.

Stay Calm - Remember most seizures are a common medical occurrence and only last for a few minutes. Your response to the seizure can affect the way others react. Talking calmly to the person can help during and after the seizure.

Pay Attention - Time the length of the seizure, as well as how long it takes the person to recover. Also observe any actions or symptoms

during the seizure that could be helpful to medical personnel.

Keep the Person Safe - Remove sharp objects or furniture that could injure the person during the seizure.

Monitor the Person's Breathing - Check to make sure the person is breathing properly. If the person is lying down, gently turn him/her on his or her side to help prevent saliva from blocking the airway.

Stay With the Person - Although common, seizures can still be unpredictable. Injuries or emergencies can occur during or after a seizure. It is important to stay with the person until he/she is fully recovered from the seizure or until emergency assistance arrives.

Be Sensitive and Supportive - People experiencing seizures may feel confused or embarrassed. Reassure them they are safe. When they have fully recovered, explain calmly what happened, and stay with them until they are ready to resume normal activity. If that is not possible, offer to call someone to come and stay with them.

Call Emergency Personnel if Needed - Call for an ambulance

if the seizure lasts for longer than five minutes or if the person is choking or having trouble breathing. Medical assistance should also be called if the seizure occurs in water or if an injury occurs during the seizure.

Do Not

Forcibly Hold the Person Down - Holding a person down will not stop a seizure and may lead to an injury or cause the person to become agitated.

Put Objects in the Person's Mouth - Contrary to popular belief, people will not swallow their tongues during a seizure. Putting an object in the mouth may cause choking or cause damage to the teeth.

Give the Person Food, Drink, or Medicine - Because a person might not swallow properly during a seizure, giving food, drink, or medicine could lead to choking.

When it comes to emergencies, one can never have enough preparation. Understanding basic strategies for seizures, as well as other emergency practices can very well mean the difference between life and death.