After their body stops shaking, turn them to the side. However, if they had food or fluid in their mouth while having a seizure, put them on their side immediately.4,7

Until the patient recovers, stay with them and talk to them calmly⁷



If possible, note the time when the seizure started and ended⁷

If they fall asleep after the attack, don't disturb them; however, keep a check on their breathing.8

Call for emergency medical help if the seizure has lasted for more than 5 minutes, the person has not regained consciousness fully, or if they have become seriously injured during the seizure attack.7





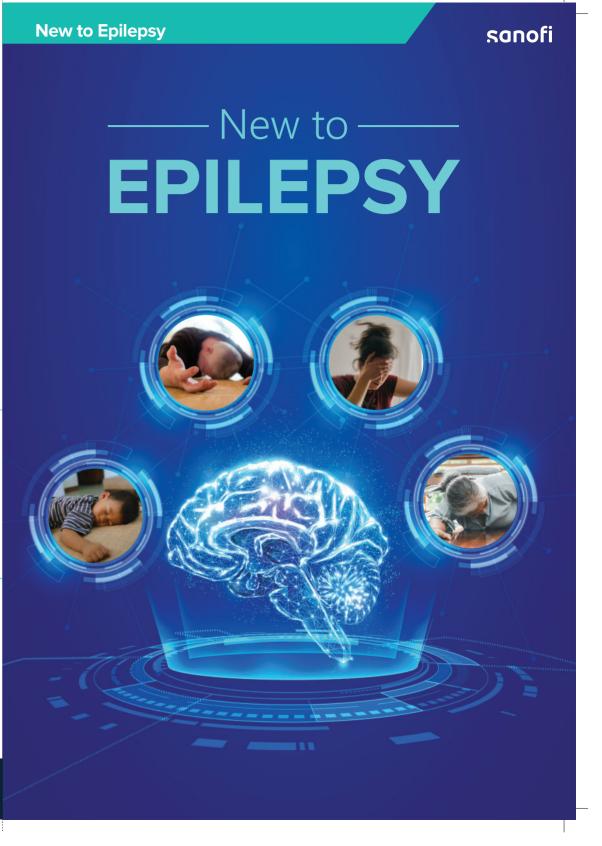
FACT

Up to



of people living with epilepsy could become seizure-free with the appropriate use of anti-seizure medicines.

- 1. Epilepsy [Internet] [Updated Feb 9, 2022]. Available at: https://www.who.int/news-room/fact-sheets/detail/epilepsy. Accessed on 20 Oct 2022.
- 2. Trinka E, Kwan P, Lee B, Dash A. Epilepsy in Asia: Disease burden, management barriers, and challenges. Epilepsia. 2019 Mar;60 Suppl 1:7-21.
- 3. Evaluation of a first-time seizure [Internet]. Available at: https://www.hopkinsmedicine.org/health/conditions-and-diseases/epilepsy/evaluation-ofa-firsttime-seizure. Accessed on 13 Feb 2023
- 4. Seizures [Internet]. Available at: https://www.healthdirect.gov.au/seizures#how-to-help. Accessed on 13 Feb 2023.
- 5. Epilepsy in Children. Available at: https://medlineplus.gov/ency/article/007681.htm. Accessed on 13 Feb 2023.
- 6. Seizures, Available at: https://kidshealth.org/en/parents/seizure.html, Accessed on 12 Jan 2023
- 7. What to do if someone has a seizure (fit) [Internet]. Available at: https://www.nhs.uk/conditions/what-to-do-if-someone-has-a-seizure-fit/#:":text= Support%20them%20gently%20and%20cushion,until%20they%20have%20fully%20recovered. Accessed on 13 Feb 2023.
- 8. General first aid for seizures [Internet]. Available at: https://www.epilepsy.com/recognition/seizure-first-aid. Accessed on Feb 13, 2023



Size - 11.69" (W) X 8.27" (H) Open

New to epilepsy Leaflet-5_Inside

Globally 5 million people are diagnosed with epilepsy every year.¹





Around 60 people per 1,00,000 are diagnosed with epilepsy every year in India



- During a seizure, you might observe that the person may have stopped concentrating on their activity and is staring, rapidly blinking, or appearing confused^{3,4}
- They might fall suddenly3
- Their arms or leg are shaking continuously³
- Their body is stiff³
- They might lose control over urinating or passing faeces³
- They might not respond to anything you ask them³
- Excess saliva may come out of their mouth⁴
- They might be making repetitive movements, such as chewing⁴
- They might also nod their head constantly, followed by loss of consciousness or awareness³

- Some may also experience breathing problems, and their lips may turn bluish coloured³
- Additionally, right before a seizure, some may have strange sensations, such as tingling or smelling something that isn't there. They may also feel uneasy or nervous.^{3,5}

After a seizure attack, the person might feel confused, tired, sleepy, thirsty, or have a headache. This may last a few minutes.^{3,4,6}



You might be anxious to see someone in your house having a seizure for the first time. However, in such times, you must stay calm and do these simple things to help them:



If they are lying on the ground, put something soft below their head⁷



If the person is sitting in a wheelchair, put the brakes and seatbelt on and cushion their head. However, do not try to move them.⁷

Move nearby objects away to prevent injury⁸



If there is any tight clothing around the neck, such as a collar button or tie, remove it. This will help the patient breathe.⁷

Do not put anything in their mouth, such as water, food, or medicines, unless they recovered completely. This is because food, water, or medicines can go into their lungs instead of mount, causing choking.^{7,8}

Make sure they are breathing properly⁸