

Do not try to stop the person's movements during a seizure<sup>8</sup>

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.<sup>4,7</sup>

Until the patient recovers, stay with them and talk to them calmly<sup>7</sup>

If possible, note the time when the seizure started and ended<sup>7</sup>



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

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.<sup>7</sup>



## FACT

Up to

**70%**

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

### Reference

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New to Epilepsy

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# New to EPILEPSY



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**Globally 5 million people  
are diagnosed with epilepsy every year.<sup>1</sup>**



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



**How can you identify if someone in your family is having a seizure or fit?**

- During a seizure, you might observe that the person may have stopped concentrating on their activity and is staring, rapidly blinking, or appearing confused<sup>3,4</sup>
- They might fall suddenly<sup>3</sup>
- Their arms or leg are shaking continuously<sup>3</sup>
- Their body is stiff<sup>3</sup>
- They might lose control over urinating or passing faeces<sup>3</sup>
- They might not respond to anything you ask them<sup>3</sup>
- Excess saliva may come out of their mouth<sup>4</sup>
- They might be making repetitive movements, such as chewing<sup>4</sup>
- They might also nod their head constantly, followed by loss of consciousness or awareness<sup>3</sup>

- Some may also experience breathing problems, and their lips may turn bluish coloured<sup>3</sup>
- 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.<sup>3,5</sup>

**After a seizure attack, the person  
might feel confused, tired, sleepy,  
thirsty, or have a headache.  
This may last a few minutes.<sup>3,4,6</sup>**



**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 head<sup>7</sup>



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.<sup>7</sup>



Move nearby objects away to prevent injury<sup>8</sup>



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

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 mouth, causing choking.<sup>7,8</sup>



Make sure they are breathing properly<sup>8</sup>