

How to detect and respond to seizure

A seizure is a sudden, uncontrolled electrical disturbance in the brain that can cause changes in behavior and movements. Seizures can manifest in various forms and may range from brief lapses in attention to severe convulsions. It results from factors like head injuries, infections or other illnesses. Common symptoms include confusion, jerking movements of the arms and legs, loss of consciousness or awareness. It is crucial to recognize and understand these manifestations, as it can be indicative of underlying medical conditions that may require prompt attention and care

Here's a guide on what to do and what not to do during a seizure:

- **Stay calm:** Remain calm to help keep the person around you calm as well.
- **Clear the area:** Move sharp or dangerous objects away to prevent injury. Create a safe space around the person to minimize the risk of harm.
- **Protect the head:** If the person is lying down, place something soft under their head to prevent injury.
- **Loosen tight clothing** if possible around the neck to help breathing.
- **Stay with the person** until the seizure ends and they are fully alert. Reassure them and offer support.
- **Note the time the seizure begins.** If the seizure lasts longer than 5 minutes, or if another seizure begins immediately, seek emergency medical assistance.

Seek emergency medical help immediately if :

- The seizure lasts longer than five minutes.
- Another seizure follows immediately.
- The person is injured during the seizure.
- The person has difficulty breathing or turns blue.

What not to do:

- **Do not hold the person down:** Avoid restraining the person's movements. Allow the seizure to run its course.
- **Do not panic:** Stay composed. Panic can escalate the situation and make it more challenging to assist the person.
- **Don't offer water or food** to the person until they are fully alert.

Remember, each person's experience with seizures can vary, so it's essential to be aware of any specific instructions or preferences they may have for managing their seizures.

To know more:

- [Emergency Contact Numbers](#)

Your Health, Your Responsibility