

EPILEPSY FACT CARD

ABOUT EPILEPSY

Epilepsy is a medical condition characterized by unpredictable seizures.



most common neurological disorder and affects people of all ages

ABOUT SEIZURES

Seizures happen when a surge of electrical activity occurs in the brain. They can last from a few seconds to a few minutes. Symptoms vary based on where the seizure happens in the brain and may include:

- Convulsions
- Loss of consciousness
- Jerking movements of the arms and/or legs
- Staring spells
- Stiffness of the arms and/or legs
- Repetitive behavior, like lip smacking or pulling at clothes

1 ^{IN} **26**

people in the US will develop epilepsy in their lifetime.



IN CASE SOMEONE IS HAVING A SEIZURE



WHAT TO DO:

- Remain calm
- Turn them on their side if they are lying down
- Remove any harmful objects
- Keep onlookers away
- Make sure they are comfortable
- Stay with them until the seizure is over
- Call 911




WHAT NOT TO DO:

- Do not hold them down
- Do not put anything in their mouth

NOTES:

Learn more at talkaboutit.org/firstaid

This is informational only and not a substitute for medical or professional advice.

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