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| **RECOGNIZING EPILEPSY - Signs and Symptoms:*** Odd feelings, often indescribable
* Unusual smells, tastes, or feelings
* Unusual experiences – "out-of-body" sensations; feeling detached; body looks or feels different; situations or people look unexpectedly familiar or strange
* Feeling spacey, fuzzy, or confused
* Periods of forgetfulness or memory lapses
* Daydreaming episodes
* Jerking movements of an arm, leg, or body
* Falling
* Tingling, numbness, or feelings of electricity in part of the body
* Headaches
* Unexplained confusion, sleepiness, weakness
* Losing control of urine or stool unexpectedly

**HOW YOU CAN HELP** * **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider/first responder**
* **Do not leave the person alone until help arrive**
* **Ask bystanders/ students to leave the area**

**FIRST-AID PROCEDURE FOR SEIZURES:*** Stay calm, most seizures only last a few minutes
* Look for an epilepsy ID bracelet or pendent
* Prevent injury by moving any nearby objects out of the way
* **Pay attention to the length of the seizure**
* Make the person as comfortable as possible
* Loosen any tight clothing around their neck, such as a collar or tie, to aid breathing
* Clear the area (ask student/ bystanders to leave the classroom/ area)
* **Do not:**
	+ Do not hold the person down
	+ Donotput anything into his/her mouth
	+ Do not give the person water, pills, or food until he/she is fully alert
* **Call Emergency Services 999 or 112**(note: you may need to dial ‘0’ to get an outside line if using a campus landline)**:**
	+ If the seizure continues for longer than 5 minutes.
	+ If one seizure follows another without stopping
	+ If you know it is the person’s first seizure
	+ If the person is injured
	+ If you are in any doubt
* Aid breathing by gently placing person in the recovery position (on their side) once the jerking has stopped
* There may be a risk of vomiting before the person is fully alert. Therefore his/her head should be turned so that any vomit will drain out of the mouth
* Be sensitive and supportive, and ask students/ staff to do the same
* Stay with the person until he/she recovers

**If you are a trained first-aider/first responder, follow training procedures.** |