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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.** |