



Epilepsy Awareness

**Why does everyone need
to know about epilepsy?**

**Epilepsy is much more
common than people realize**

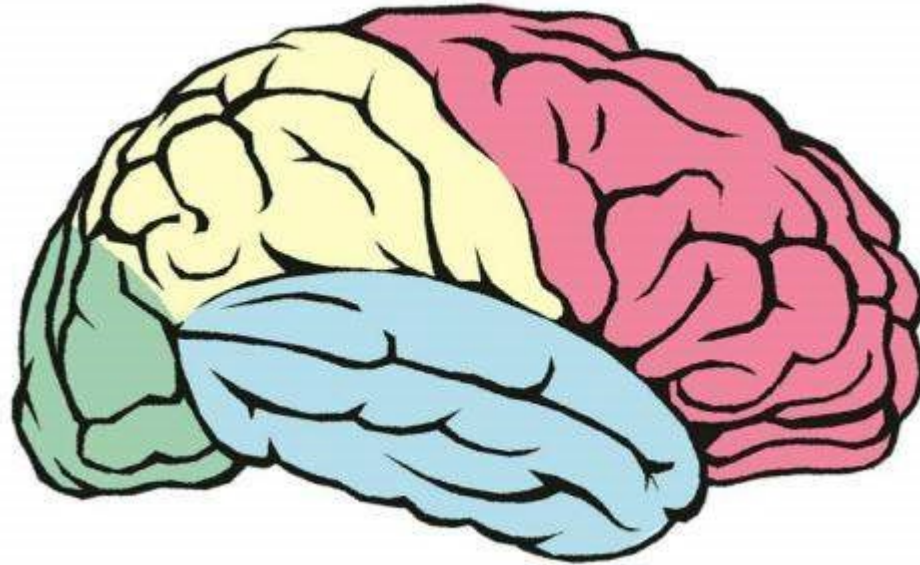


**Approximately
1 in 26 people
in the United
States will
develop
epilepsy.**

**Epilepsy can take effect
suddenly for a short time**

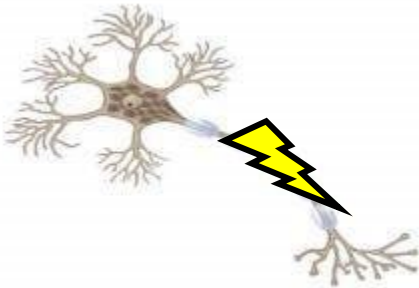
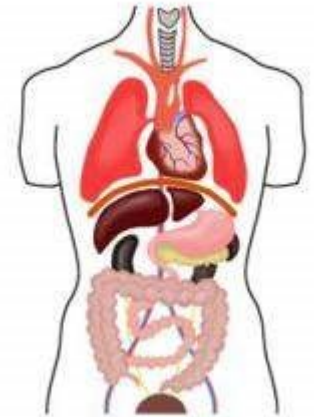
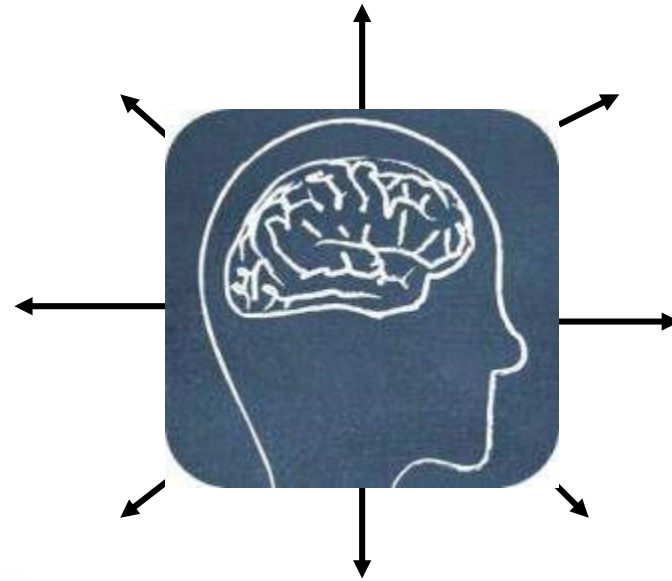
**We can all help people with
epilepsy to stay safe**

In epilepsy, what part of the body can suddenly become confused for a short time?



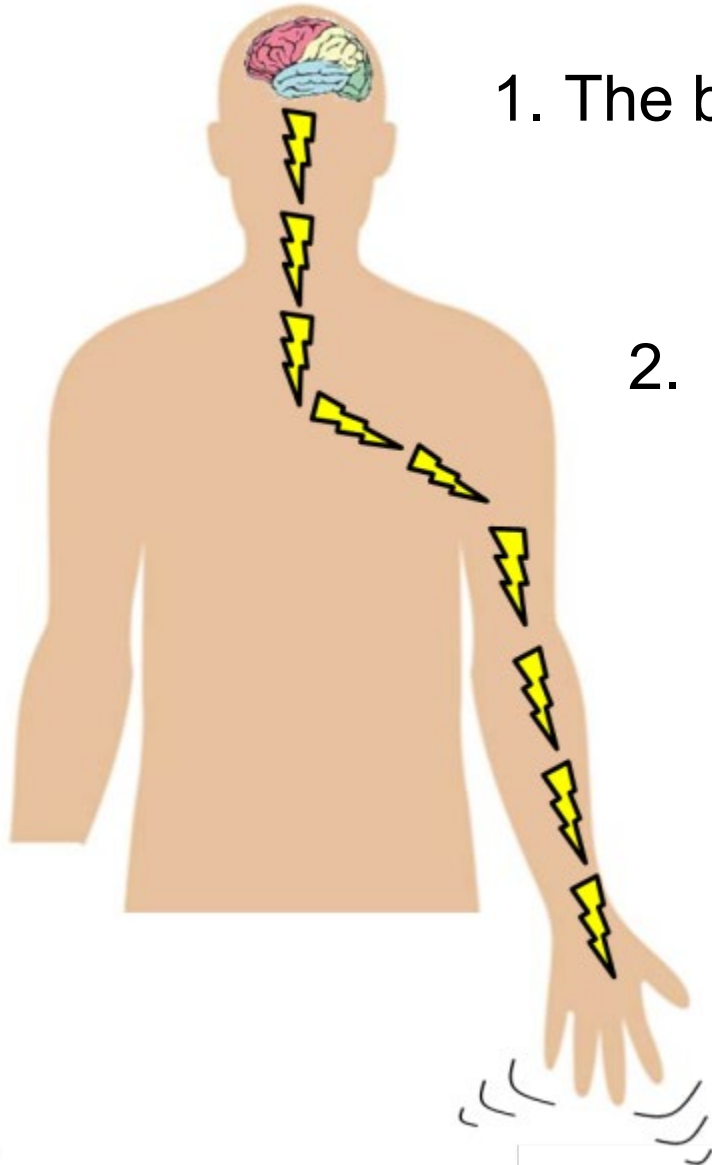
The brain

What does the brain do?

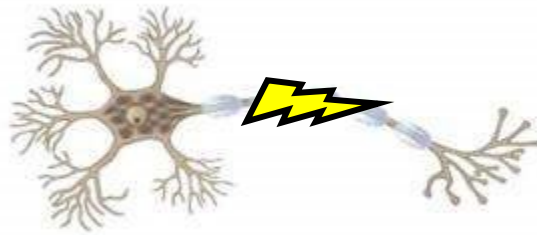


**How does our brain
control our body?**

1. The brain sends out an electrical message.



2. The electrical message moves through the body (with the help of neurons).



3. The electrical message reaches the hand and makes it move (by affecting muscles).

 Key
point

In epilepsy, there is a problem with the **electrical messages** in the brain.



A large teal star outline centered within a white circle. The words "Key point" are written in dark blue text inside the star.

**Key
point**

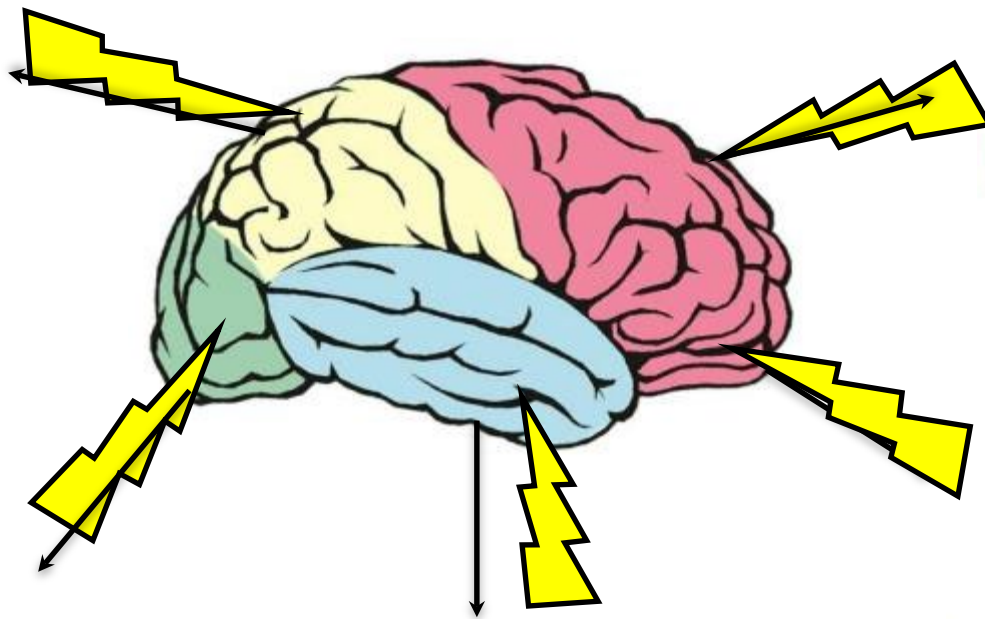
People with epilepsy experience sudden bursts of electricity in their brain - called a **SEIZURE.**

Seizures disrupt the way the **brain works for a short time.**



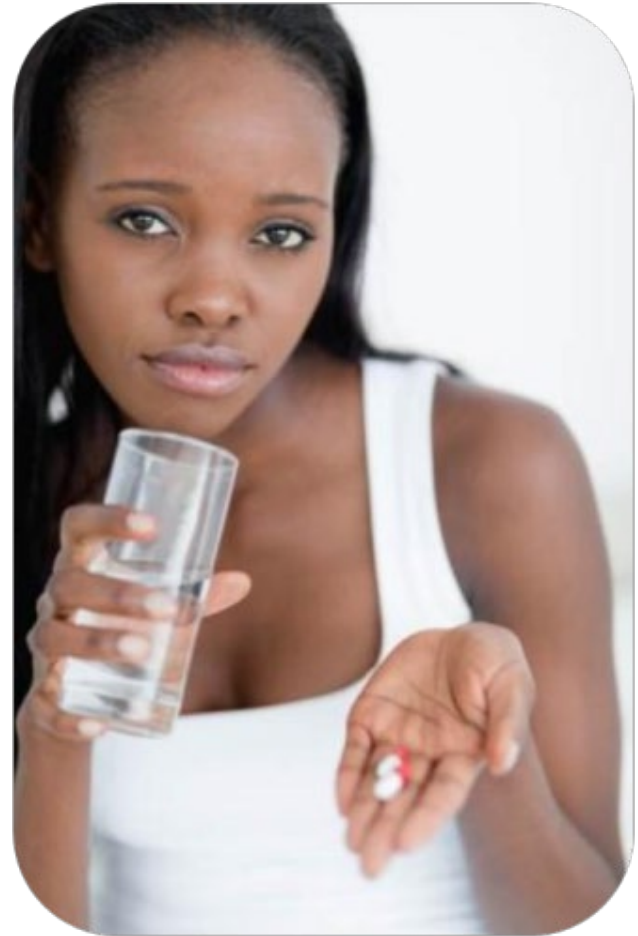
**What might it look like
when someone has
a seizure?**

seizures affect



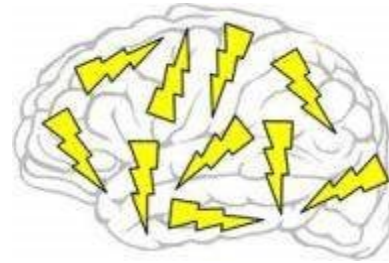
**Key
point**

Most people with epilepsy are aware of their condition, and take medication everyday to help prevent seizures.



Modelling a seizure

Tonic vs. clonic



Tonic
(stiffening)



Clonic
(jerking)

 Key
point

**During a seizure,
we need to keep
the person safe.**



Seizure first aid

Do's or Don't?



Seizure first aid

Don't



Panic

Seizure first aid

Don't



Call an
ambulance
immediately

Seizure first aid

Do

Send for help



Seizure first aid

Do

Put something
soft under
their head



Seizure first aid

Do



Time how long
the seizure
lasts

Seizure first aid

Don't



Hold them down
so they don't
hurt themselves

Seizure first aid

Don't

Move them
away from the
chair to avoid
injury



Seizure first aid

Don't



Try to bring
them around

Seizure first aid

Do



Put them on their side (in the recovery position) as soon as possible

Seizure first aid

Do

Stay with them
until they are fully
recovered and
reassure them



1

Try to stay calm and reassure

5

calm and reassure

4

Keep the area safe

3

help

2

Put something soft under their head

6

Put them into the recovery position AFTER the shaking has stopped



Living with epilepsy





**People with
epilepsy can join in
most activities just
like everyone else.**

Staying safe

If you have a friend with **seizures**; be aware of their risks.





Be aware of risky situations



Talk to friends &
family



Do things to
keep safe

Take Away - Key points




In epilepsy, there is a problem with the **electrical messages** in the **brain**.




People with epilepsy experience sudden bursts of electricity in the brain - called a **seizure**.

Seizures **disrupt** the way the brain works for a short time.



A teal outline of a five-pointed star.

Most people with epilepsy take **medication** every day to help prevent their seizures.

A teal outline of a five-pointed star.

During a seizure, we need to keep the person **safe**.

A teal outline of a five-pointed star.

People with epilepsy can **join in most activities just like everyone else**.



For More Information



Stop by the
nurse's office or
contact the
**Epilepsy
Foundation**
@
www.eftx.org