

Many people feel unsure and ill-equipped in helping a child who is suffering from a seizure. Below are some basic first aid steps you can render when in such a situation.

Basic First Aid For Epilepsy

You Should...

- Turn the child on his side so that whatever is in the mouth can drain away and won't cause choking.
- Stay calm and note the seizure type and its duration.
- Prevent people from crowding around the child.
- Loosen the child's clothes.
- Put something flat and soft (such as a towel or jacket) if available under the child head to prevent injury.
- Move things (eg. sharp objects or furniture) that could cause injury to the child away from him.
- Stay with the child until normal breathing resumes and he is awake again.
- Remember that the child may be embarrassed, irritable or tired after a seizure so try to be sensitive, calm and reassuring.

What You Should Not Do...

- Do not hold and restrain the child even if he thrashes around.
- Do not put objects in the child's mouth to prevent him from biting his tongue or lips. People with epilepsy have suffered broken teeth and even inhaled bits of pencil because of that.
- Do not try to hold his tongue down with a spoon or a hard object as the child is not in any danger of swallowing or biting his tongue.
- Do not try to bring him round by splashing water, slapping or shaking him.
- Do not give the child food, water or medication until he has completely recovered.

Most seizures last only a short while and stop without the need for any special treatment.

However, medical attention should be sought if the following occur:

- The child has injured himself badly in a seizure.
- The child has breathing difficulties after the seizure.
- Two seizures occur consecutively without any recovery of consciousness in between.
- The seizure lasts longer than usual when compared to past seizures.
- It is the child's first seizure.

