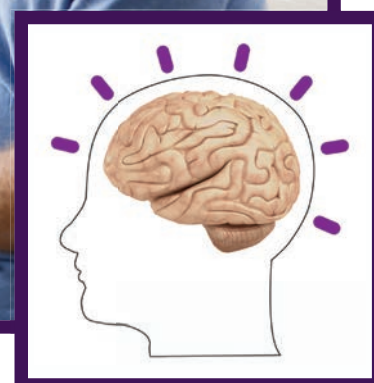




# All about epilepsy

## Booklet 4: Supporting someone with epilepsy



Supported by UCB

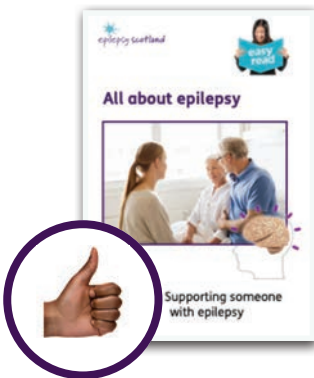
# How to look after someone who is having a seizure



You might look after a person with epilepsy.



It is good to know how to help the person stay safe when they are having a seizure.



This booklet will tell you how to support the person properly.

## What you should do



A **tonic-clonic seizure** is when a person falls to the ground and jerks and shakes their body.

If someone is having a tonic-clonic seizure, you should:



- look at your watch and see how long the jerking and shaking lasts



- If the jerking lasts for longer than 5 minutes, you should phone an ambulance.



Sometimes the person's doctor might tell you to wait longer before phoning an ambulance



- put something soft under the person's head while they are jerking. Something like a jumper or a jacket.

This will stop the person from hurting their head on the floor



- when the person stops jerking, turn them onto their side.

You can also try to do this when the person is still jerking



- stay with the person to make sure they are ok.

When they come round, tell them what has happened. You should try to stay calm

You should **only** phone an ambulance:



- if the person has badly hurt themselves



- if the person is breathing in a strange and noisy way after the seizure has finished



- if the person does not come round after the seizure



- if you are worried about the person

## What you should not do

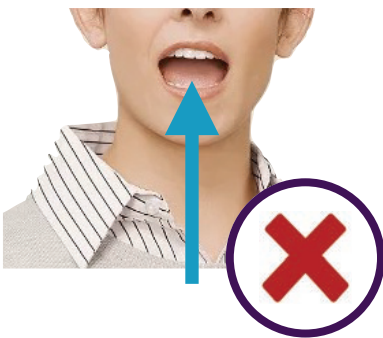
If someone is having a tonic-clonic seizure, you should **not**:



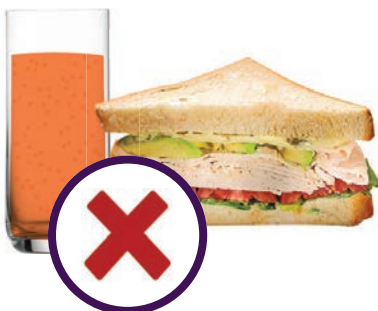
- move the person unless there is something dangerous nearby that could harm them



- hold the person down to try and stop them from jerking



- put anything in the person's mouth



- give the person anything to eat or drink

## Other types of seizure

If the person has any other type of seizure without the jerking, you should:



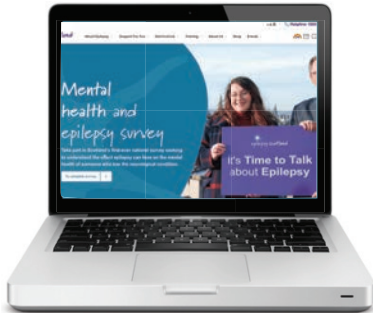
- make sure the person has not hurt themselves



- stay with the person to make sure they are ok.

When the person comes round, tell them what has happened. You should try to stay calm

## More information about epilepsy



We have lots of information about epilepsy on our website:

**[www.epilepsyscotland.org.uk](http://www.epilepsyscotland.org.uk)**



We also have more easy read leaflets about epilepsy. We can send you copies of the leaflets in the post.



You can phone us to ask for a leaflet on:

**0808 800 2200**



Or email us at:

**[contact@epilepsyscotland.org.uk](mailto:contact@epilepsyscotland.org.uk)**