

# Tips For Interacting with a person with...

## Epilepsy



If a person is having a seizure **YOU SHOULD:**

- Place something soft, such as a pillow or a rolled up coat, under the person's head. This action will help protect the head from injury
- Try rolling the person on his or her side to keep the airways clear
- Loosen ties or shirt collars

If a person is having a seizure, **DO NOT:**

- Shake or hold the person
- Put anything in the person's mouth, not even medicine. People do not swallow their tongues during seizures, trying to give medicine, however, may cause choking.

**An ambulance should be called if:**

- The seizure has happened in water
- The person is pregnant, injured, or has diabetes
- A second seizure starts shortly after the first has ended
- Consciousness does not start to return after the shaking has stopped

Be aware that beepers and strobe lights can trigger seizures in some people.

When a seizure has ended the person may feel disoriented and embarrassed. Try to ensure that he has privacy to collect himself.

If a person makes a request that seems out of the ordinary, it may be related to a hidden disability such as epilepsy. Be sensitive to needs that may not be apparent.

If a person has a seizure, you cannot do anything to stop it, just wait for the seizure to end.