

# Worthington Health Services Newsletter

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3.4 million people in the United States are living with epilepsy.

*Seizures are caused by a disturbance in the electrical activity in the brain.*

## GENERAL FIRST AID FOR SEIZURES

- **Always stay with the person until the seizure is over**
- **Call to 911 not ALWAYS necessary for known seizure disorder**
- **Pay attention to the length of the seizure**
- **Stay calm; most seizures last only a brief period of time**
- **Prevent injury by clearing the area**
- **Make person as comfortable as possible**
- **Keep onlookers away**
- **Do not hold person down, or put anything in their mouth**
- **Make sure breathing is ok**
- **Be sensitive and supportive, and ask others to do the same**
- **CALL 911 FOR EMERGENCY HELP WHEN:**
  - **There is no history of seizures**
  - **Seizure lasts more than 5 minutes**
  - **Seizures occur one after the other with no break**
  - **Breathing becomes difficult or person is choking**
  - **Seizure occurs in water**
  - **Person is injured as a result of the seizure**
- **Learn more about epilepsy at [www.epilepsy.com](http://www.epilepsy.com)**

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