

*Definition:*

- Seizures are neurological disorders where the signals in the brain become mixed up.

*Causes:*

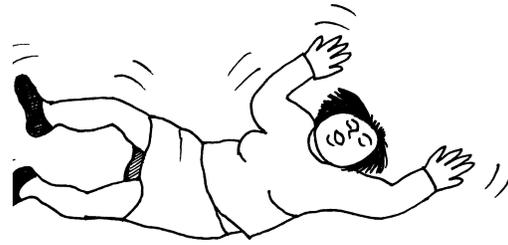
- The most common cause is from the medical condition called epilepsy. However, they can also be caused by concussions, allergic reactions, brain tumors, and high fever in children.

*Prevention:*

- If someone has epilepsy they may have medication to take which will reduce the chance of seizures. Other causes are hard to prevent because nothing is suspected of being wrong until the seizure.

*Warning signs:*

- Aside from the casualty having some kind of aura, e.g. smelling burnt toast, there are no warning signs that a seizure is about to happen. Once it begins the person may appear totally spaced out, may appear to be sleep walking, or may be on the ground convulsing.



*Helping for Generalized Convulsive Seizures:*

- Keep calm; let the seizure take its course. Do not try to stop the seizure or revive the person.
- Protect person from further injury by moving hard or sharp objects away, but do not interfere with the person's movements. Place something soft and small, such as a sweater, under their head, and loosen tight clothing around the neck.
- Do not force anything in the person's mouth. This could cause teeth and jaw damage, or choking. The person will not swallow their tongue during a seizure.
- Roll the person on their side as soon as possible, to allow saliva or other fluids to drain away, helping to clear the airway. Do not be frightened if a person having a seizure stops breathing momentarily.
- If a seizure goes on longer than 5 minutes, repeats without full recovery, or the person becomes injured, then call for medical assistance.

*Helping for Partial Non-Convulsive Seizures (e.g. like sleep walking):*

- Stay with the person, let the seizure take its course. Do not try to stop the seizure or revive the person. The person will be unaware of his or her actions, and may or may not hear you.
- Gently guide the person away from danger, move dangerous objects out of the way.
- Partial seizures may spread to other areas of the brain. Do not be alarmed if a convulsive seizure follows.

*Notes:*

- Always be comforting, be gentle, and reassure the person, as it may take some time for them to become re-oriented.