

Edmonton Epilepsy Association



What you can do to help

if someone has a seizure



Your brain controls what you do by sending tiny electrical messages you can't feel all around your body.

Epilepsy is a medical condition that affects the brain.



**People with Epilepsy
suffer from seizures.**



When someone has a seizure their brain has a sudden burst of activity that starts to send too many messages.

During a seizure, the messages get jumbled up and cause the body to do unusual things.



If you see someone who has



a seizure...

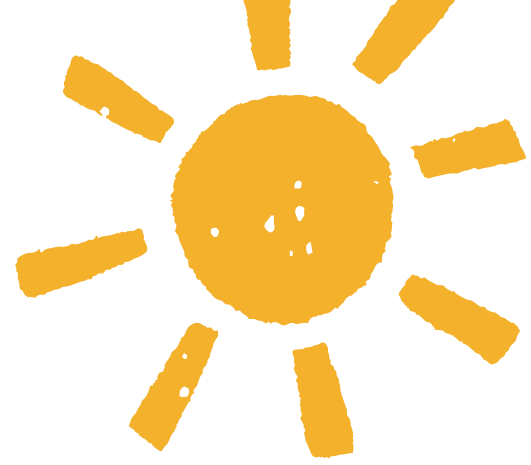
Get an adult to help as

soon as you can.

Here are things you can do

while you wait.





Stay Calm

- Move things out of the way
- Stay with the person
- When they stop moving around, roll them on the side to help them breathe
- If you can't find an adult, call 911



Here are things **not** **to do**

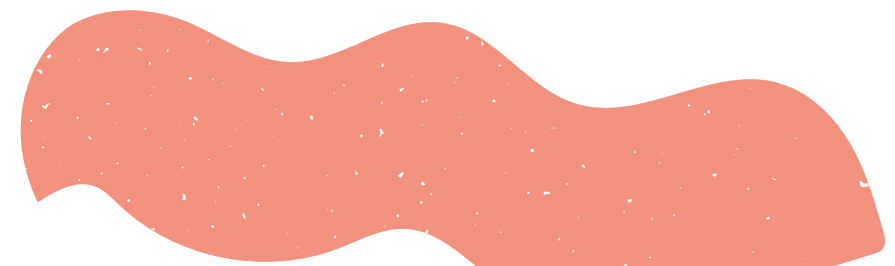
- crowd around them
- ignore them
- do not panic or shout

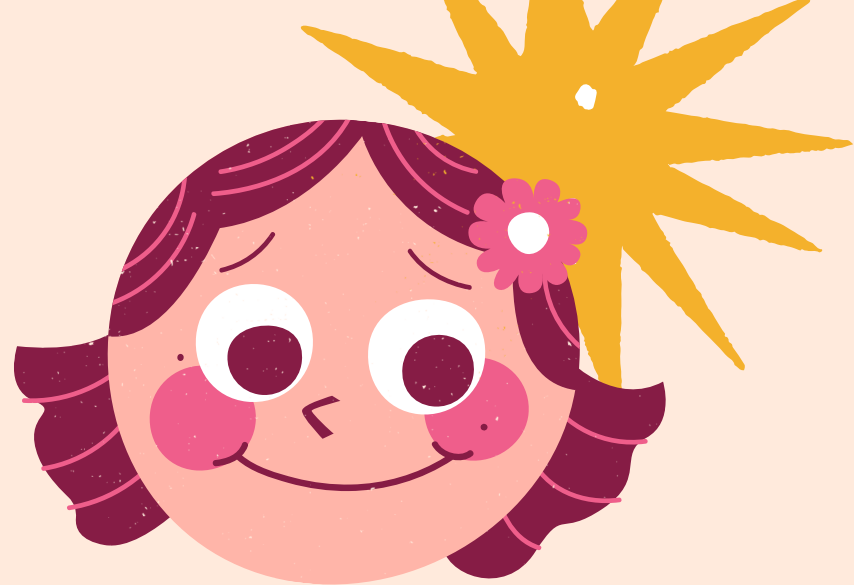


- do not get them anything
to drink or eat

Quick quiz

What should you
do if someone has
a seizure?





- get an adult
- move things out of the way
- stay calm
- stay with them
- if you can't find an adult, call 911

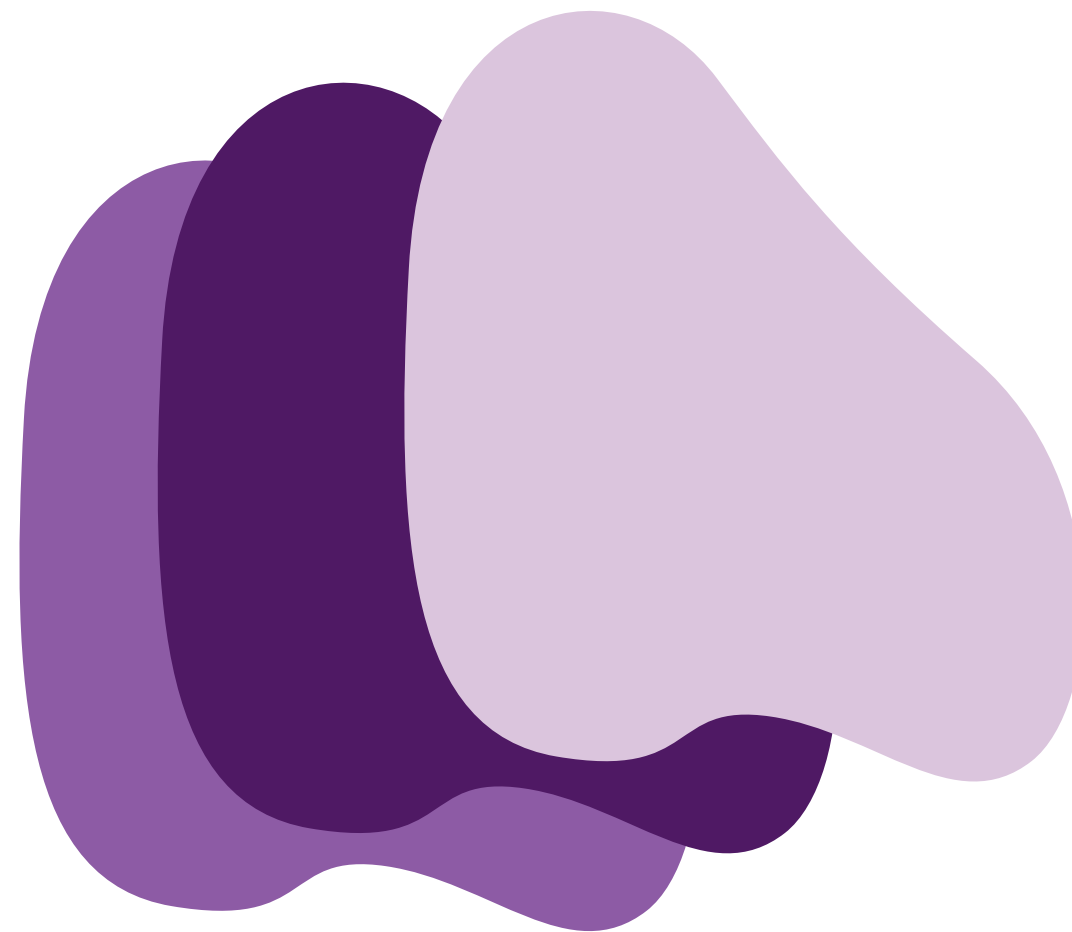




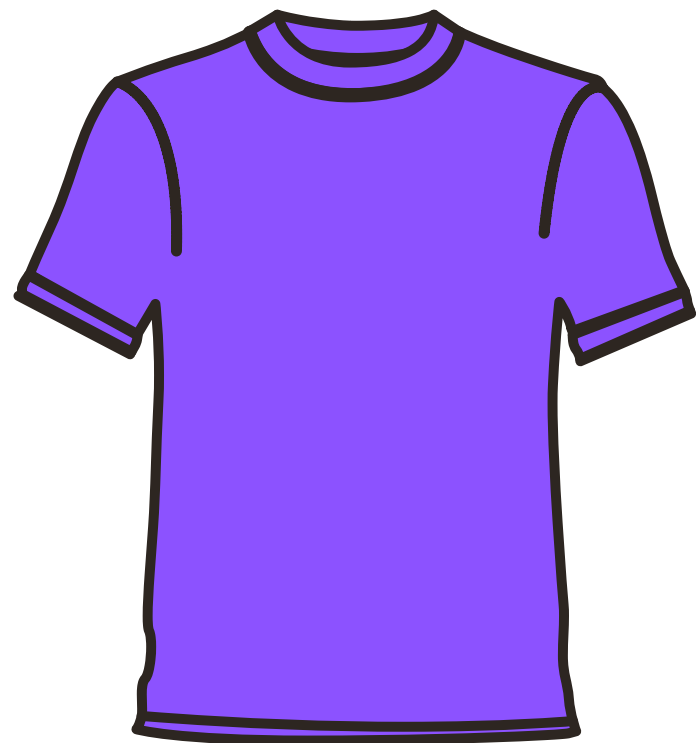
March is Epilepsy
Awareness Month
in Canada!



Purple is the colour
of epilepsy!



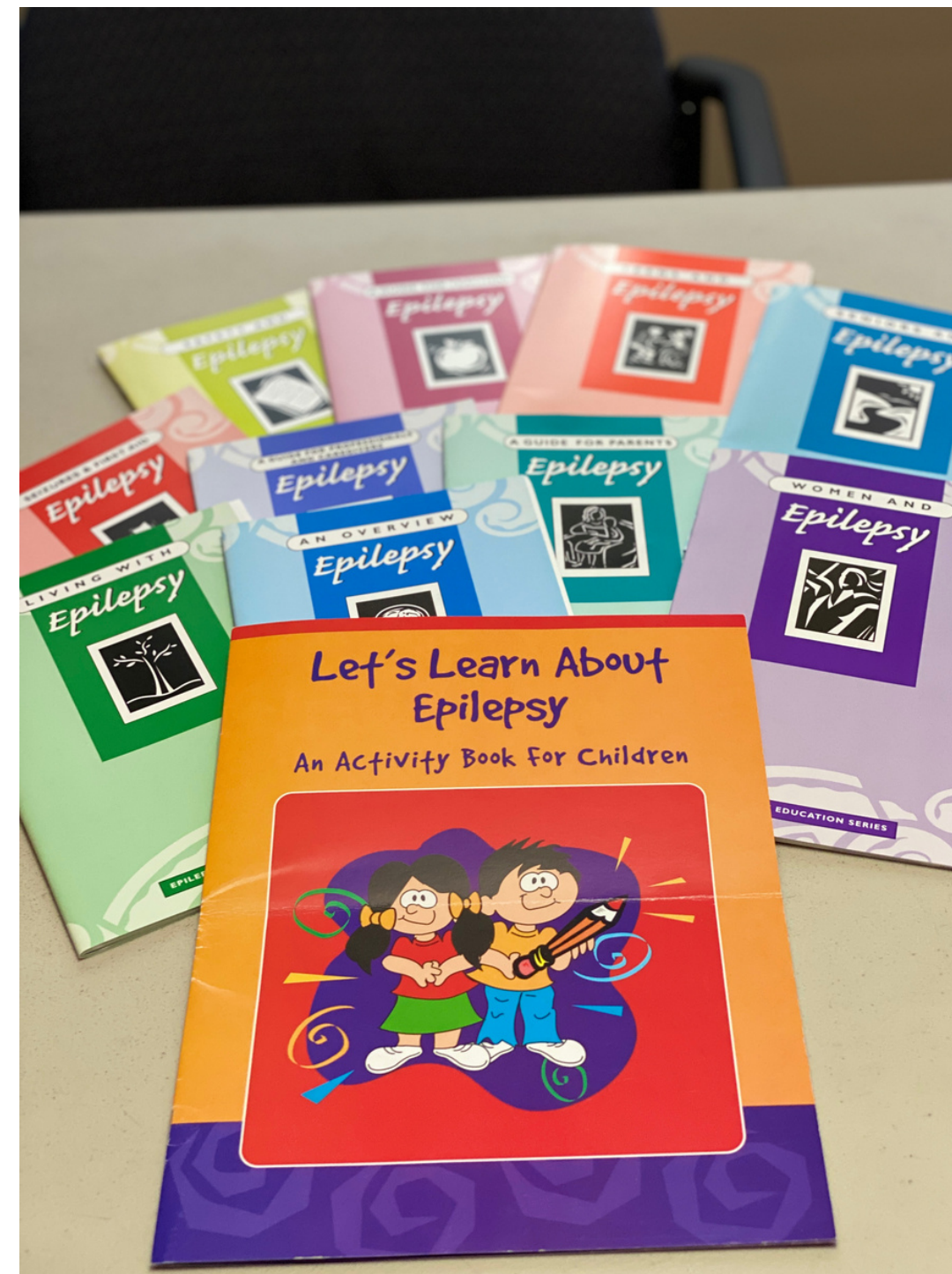
Help us bring Epilepsy awareness by wearing your purple shirt in March...



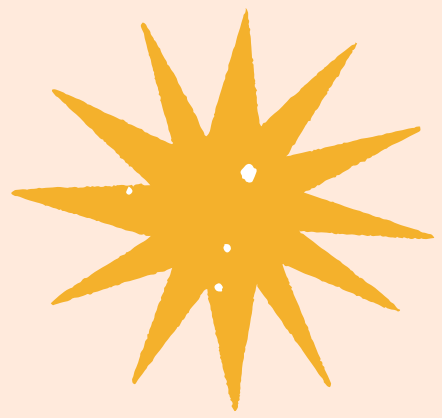
... and by decorating your classroom in purple, and showing your purple everywhere!



We offer free
booklets that give
more information on
epilepsy and seizures.



You can order your free copy on our website at
www.edmontonepilepsy.org/information-booklets/



Thank You



Edmonton Epilepsy Association

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Reference

All about epilepsy. (n.d.). Retrieved January 26, 2022, from <https://learn.epilepsy.org.uk/wp-content/uploads/classroom-resources/All-about-epilepsy/story.html>

