

CALIFORNIA NURSING STUDENTS'
ASSOCIATION

DECEMBER 2018 | COMMUNITY HEALTH

Epilepsy Awareness



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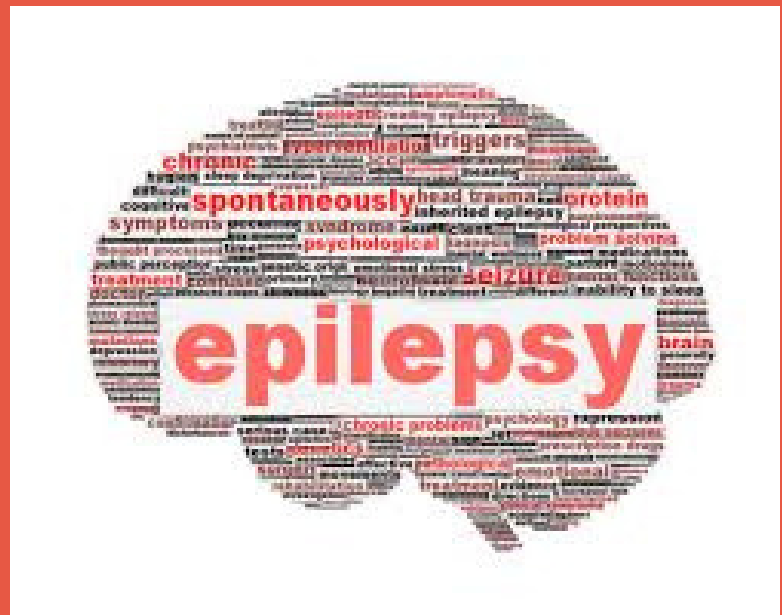
WHAT IS EPILEPSY?

Epilepsy is a disorder that causes unprovoked, recurrent seizures. A seizure is a sudden rush of electrical activity in the brain.

There are two main types of seizures: **generalized seizures** affect the whole brain while **partial seizures** affect just one part of the brain.

WHAT CAN TRIGGER A SEIZURE?

- Bright lights / flashing lights
- Sleep deprivation
- Alcohol or drug use
- Stress
- Certain medications
- Excess caffeine
- Traumatic brain injury



DID YOU KNOW...

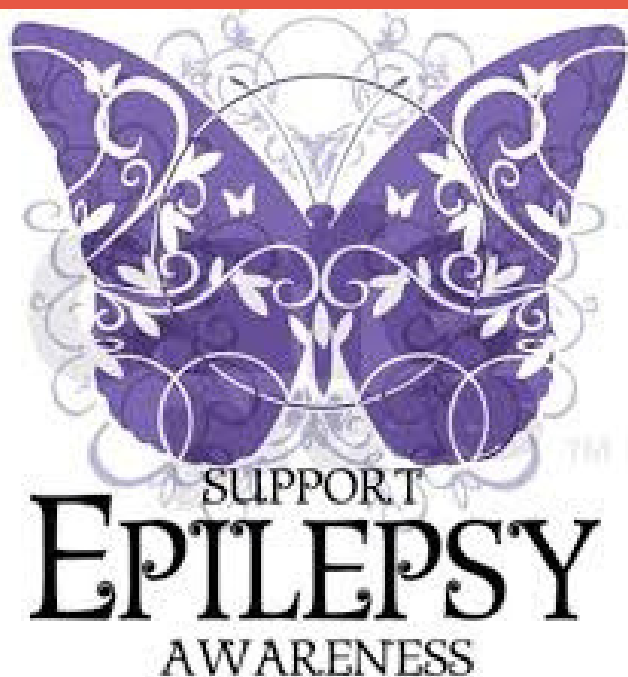
- There are several types of seizures
- One cannot swallow the tongue during a seizure
- Epilepsy is not contagious
- Epilepsy can be fatal
- People without epilepsy can have seizures

Do:

- Time seizure, > 5 min. call 911
- Stay with them until they have fully recovered
- Try to stop other people crowding around
- Protect their head
- Move objects away from the individual that is seizing

Don't:

- Don't hold down (restrain) the person
- Don't place anything between the person's teeth during a seizure (including your fingers).
- Don't move the person unless they are in danger or near something hazardous.
- Don't give the person anything by mouth until the convulsions have stopped and the person is fully awake and alert.





Epilepsy Foundation

<https://www.epilepsy.com>

CDC Resource Guide for Epilepsy

https://www.cdc.gov/epilepsy/toolkit/resource_guide.htm

American Epilepsy Society

https://www.aesnet.org/for_patients/about_epilepsy

Find your local epilepsy foundation

<https://www.epilepsy.com/affiliates>

Epilepsy Data & Stats

<https://www.cdc.gov/epilepsy/data/index.html>



24/7 Toll Free Helpline

1-800-332-1000

Spanish: 1-866-748-

<https://www.epilepsy.com/living-epilepsy/247-helpline>