



# Managing Epilepsy

People with epilepsy should be familiar with managing their illness particularly when operating machinery. These tips will assist in managing your epilepsy or responding to a person with epilepsy.



**For all medical emergencies dial 000 immediately and ask for Ambulance**

## MANAGING EPILEPSY

A person with epilepsy should consult their doctor to inform them when they have a seizure. This information is used in any decisions to change medications to control the seizures.

### IF YOU WITNESS A SEIZURE

- > Dial 000 immediately and ask for Ambulance.
- > Never hold a person having a seizure down or put anything in their mouth, especially fingers.
- > Move furniture, equipment or anything that may harm the person, out of the way if possible.
- > To assist ambulance officers in their treatment, try to keep track of how long the fit lasts for and exactly what the person was doing for example full body convulsions or slight twitching stare.

## ONCE THE PERSON HAS STOPPED FITTING

- > Lay the person on their side with their head slightly tilted back once they have stopped fitting.
- > Talk quietly to the person and keep them aware of where they are and what is happening.
- > Be aware that sometimes they may have secondary seizures minutes to half an hour apart.
- > Once the person has finished fitting cover them with a light blanket to keep them warm.
- > It is important to remember that after a fit, the person may be very confused and disorientated.

## FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

### For further information please contact: