

MINUTES WITH

Emma

# What if I have a crisis?

life-changing

# minutes

KNOWING EPILEPSY



 **NEURAXPHARM**  
Your CNS specialist

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Hi,  
we are here!



Thank you so much  
for wanting to know  
how to react if I have  
a seizure

Don't thank us!  
We want to help you  
in case you have one  
at school

I think we need to  
hold you firmly to  
stop the seizure!



**DO NOT!**  
You have to let me  
convulse



The most important  
thing is to make sure  
you don't swallow  
your tongue!



It is  
impossible to  
swallow my  
tongue



Should we give  
you food or water  
after the crisis?



**DO NOT!**  
Unless I am totally  
conscious



These are all myths  
about epileptic  
seizures!



In front of an epileptic seizure, you must follow these 6 steps:

- 1.** Keep calm and don't hold on to person
- 2.** Ease the person to the floor. Turn the person gently onto one side
- 3.** Clear the area around the person of anything hard or sharp
- 4.** Remove eyeglasses and/or loosen tight clothes around neck
- 5.** Time the seizure
- 6.** Stay with the person until the seizure ends and he or she is fully awake



Thank you for  
explaining it so well  
to us, Emma!



## Let's play!

## WOULD YOU BE ABLE TO ANSWER IF THESE SENTENCES ABOUT EPILEPSY ARE TRUE OR FALSE?

Identify what's TRUE and what's FALSE



1. We have to make sure the person does not swallow their tongue

- True  
 False

2. We put a cushion under the person's head

- True  
 False

3. We always give water and food

- True  
 False

4. We stay with the person until the seizure ends

- True  
 False

5. It is not necessary to count the time that the crisis lasts

- True  
 False

RESULTS

1.FALSE, 2.TRUE, 3.FALSE, 4.TRUE, 5.FALSE

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