

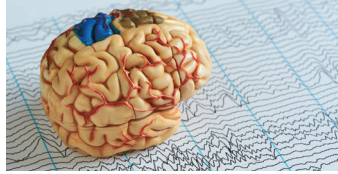


Be smart about seizures

A seizure is a sudden surge of electrical activity in the brain. It can cause a person to have uncontrolled movements.

A grand mal seizure or tonic-clonic seizure is the most serious. It usually involves jerking movements, shaking and the inability to talk or communicate.

When it comes to seizures, there are plenty of myths. Knowing the truth about seizures could save someone's life.



MYTH:

A person having a seizure could swallow their tongue.

TRUTH:

This is not possible. Never put something in a person's mouth if they are having a seizure.



MYTH:

You should hold the person down.

TRUTH:

Do not try to hold or move the person unless they are in immediate danger of getting hurt. You can help get them on the floor and turn on their side. This keeps the person from injuring themselves or falling.



MYTH:

You should always give mouth-to-mouth or CPR during a seizure.

TRUTH:

People usually start breathing normally after the seizure is over. But if the patient stops breathing for more than 30 seconds, call 911 and begin CPR.

SHOULD YOU CALL 911?

