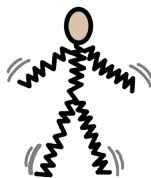




Epileptic seizures



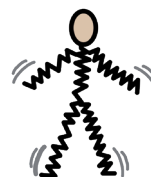
Some people with epilepsy have seizures.



Seizures can sometimes be called fits, attacks or blackouts.



A seizure is when your brain stops working properly for a short time.



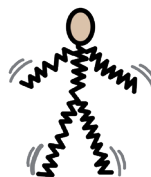
A seizure makes your body do strange things.



Some people are awake during a seizure.



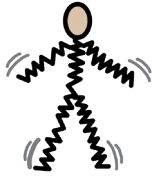
Some people are asleep.



Some people have seizures every day.



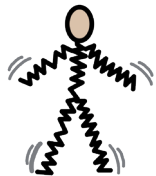
Seizures can happen in your sleep.



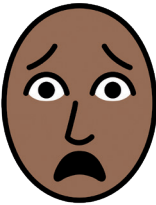
People have different types of seizures.



When seizures start you cannot stop them.

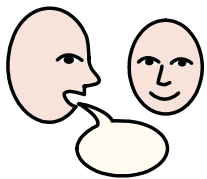


Some people have a warning before a seizure. This can be called a seizure warning or an aura.



A warning can be:

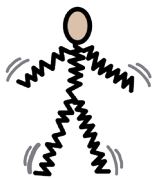
- a taste in your mouth
- smelling an odd smell
- an odd feeling in your body
- feeling worried
- feeling sick.



If you have a warning tell someone and get to a safe place.



When Ahmed has a warning he feels sick.



Some people have **impaired awareness seizures**.

They can do strange things like:



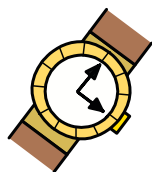
- play with their clothes



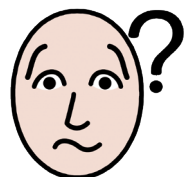
- wander around



- talk to themselves.



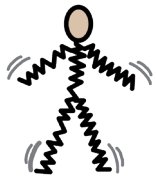
These seizures can last a few minutes.



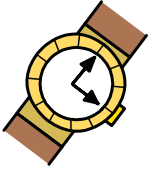
Some people are confused after a seizure.



Kai is having an impaired awareness seizure.



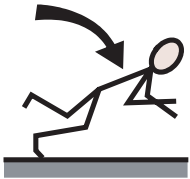
Some people have **tonic seizures**.



These seizures are over very quickly.



The person's body goes stiff and straight.



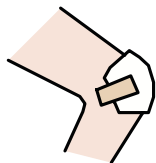
They can fall over and hurt themselves.

Some people have **atonic seizures**.

These are also called drop attacks.



Their body goes floppy and they can fall over.



It can hurt if they fall.



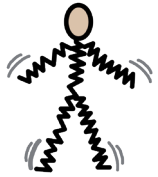
Jo is having a tonic seizure.



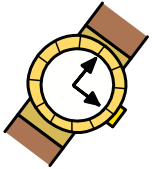
Some people have **tonic clonic** seizures.



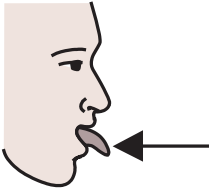
The person goes stiff and falls to the floor.



Their body shakes.



A tonic clonic seizure can last for several minutes.



Some people bite their tongue and it bleeds.



Sometimes people wet themselves.

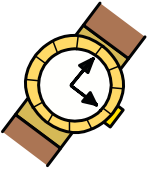


If they fall over they may hurt themselves.

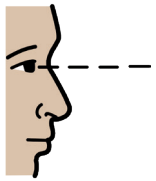


Laura is having a tonic clonic seizure.

Some people have **absence** seizures.



They can last a few seconds.



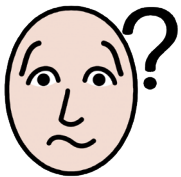
The person will stop and stare.



They will not hear anything.



The person stops talking but they may carry on walking.

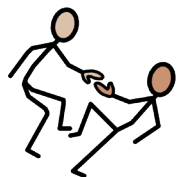


They will not know what is happening.

This can happen many times a day.



Laura is having an absence seizure.



During a seizure someone can help you.



They can put a pillow under your head.



They should **not** put anything in your mouth.

They will **only** move you if you are in an unsafe place.



When the seizure is over they can put you on your side to help you to recover.



The person will make sure you are ok.



If you are hurt you may need to see a doctor.



You may feel tired after a seizure.



Beth is moving the furniture out of the way.



Helpline

0300 102 0024

helpline@epilepsysociety.org.uk

Epilepsy Society

Chesham Lane,
Chalfont St Peter,
Buckinghamshire
SL9 0RJ

epilepsysociety.org.uk

   /epilepsysociety

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