

MINUTES WITH

Emma

What if I have a crisis?



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KNOWING EPILEPSY



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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



Let's play!

**WOULD YOU 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
2. We put a cushion under the person's head
3. We always give water and food
4. We stay with the person until the seizure ends
5. It is not necessary to count the time that the crisis lasts

True
 False

True
 False

True
 False

True
 False

True
 False

RESULTS

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