



NATIONAL EPILEPSY **DAY**

here's how you can help people with epilepsy

Epilepsy is a central nervous system disorder in which brain activity becomes abnormal. This causes seizures or periods of unusual behavior, sensations or loss of awareness.



Who can develop epilepsy?

Anyone can develop epilepsy.
Epilepsy affects both males and females of all
races, ethnic backgrounds and ages.





Symptoms of epilepsy

Temporary confusion

A staring spell

Uncontrollable jerking movements
of the arms and legs

Psychological symptoms such as fear,
anxiety or déjà vu

Stiff muscles

Loss of consciousness
or awareness





What to do when you see your colleague having a seizure?

Stay with the person until the seizure ends and they are fully conscious

Check to see if the person has emergency information

Call someone to make sure the person gets home safely





Call for medical assistance when

- The person has difficulty breathing or in waking up
- The seizure lasts longer than 5 minutes
- The person is hurt during the seizure
- The person has a health condition like diabetes, heart disease, or is pregnant





What not to do?

- Do not try to stop his or her movements
- Do not put anything in the mouth as they can suffocate
- Do not get frantic



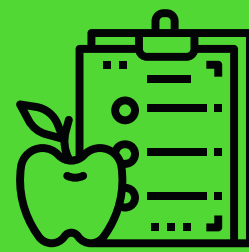
Kick-start your company's wellbeing with a comprehensive employee wellbeing program.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance Advisors



Newsletters



Self-assessments



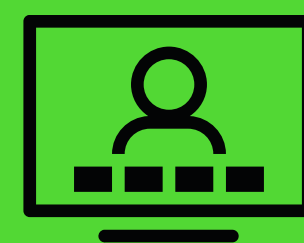
Live classes



Articles



Videos



Webinars