

Epilepsy Queensland urge all Australian caregivers to Get Seizure Smart

The **Get Seizure Smart** campaign asks the questions – Would you recognise the signs of a seizure in a child? Would you know what to do if someone you love or care for had a seizure?

Seizures are more common than many realise. 1 in 20 children will have a seizure by the age of 15 years. Recognising the signs of a seizure and how to respond appropriately with correct seizure first aid can provide comfort, prevent injury, and even **save a life!**

From 1- 30 September, Epilepsy Queensland are sharing resources and information on different seizure types and how to recognise and respond.



The signs of a seizure are not always easy to spot and in children can often be overlooked. Not all seizures are convulsive (shaking-falling.) Seizures may include subtle eye movements, changes in cognitive ability, lapses in attention or other unusual behaviours.

When Mia, now aged 10, had her first convulsive seizure her parents rushed her to hospital. Her mum Shannon says “I expected to find her in emergency with the reassurance it was a one-off event. I hoped it was just something that happens to kids sometimes. I did not expect to find her in resuscitation.”

Mia had an EEG which revealed seizure activity. “We had no idea that this was affecting her so much. She would fall over in a running race, we thought “oh, she has long legs, she is just clumsy.” We would ask her to put her shoes on and she would forget in two seconds, we thought she was just forgetful,” Shannon says. Mia was the 1 in 200 kids who will be diagnosed with epilepsy.

After you recognise a seizure, the next step is to be **Seizure Smart** and know how to respond with seizure first aid.

TIME the seizure. If the seizure lasts longer than five minutes, call an ambulance.

If it is the first time the person has experienced a seizure, you should seek medical assistance.

STAY with the person until they are alert or help arrives.

Stay calm and **PROTECT** the person from injury.

“This could mean moving things like hot drinks or furniture and protecting their head with something small and soft,” instructs Jenny Ritchie, who has been teaching seizure first aid to Queenslanders for almost 15 years.

Visit the Epilepsy Queensland website at <https://bit.ly/GetSeizureSmart> to **Get Seizure Smart** and download the FREE Seizure First Aid and Signs of a Seizure posters.

You can share the campaign digital images from Epilepsy Queensland’s [Facebook](#), [LinkedIn](#) (@epilepsyqueensland) [Instagram](#), or [Twitter](#) (@epilepsyqld) pages, using #GetSeizureSmart and #recogniseandrespond. If you are someone who provides care to a child diagnosed with epilepsy contact Epilepsy Queensland on 1300 852 853 for information, support or to book On- Site or E-Learning “Understanding Epilepsy and Seizure First Aid training.”

