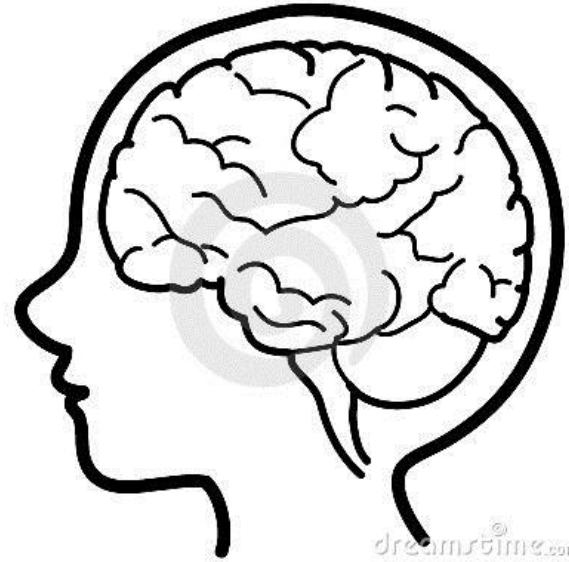


# What's Happening to My Friend?

## *Understanding Epilepsy and Seizures*



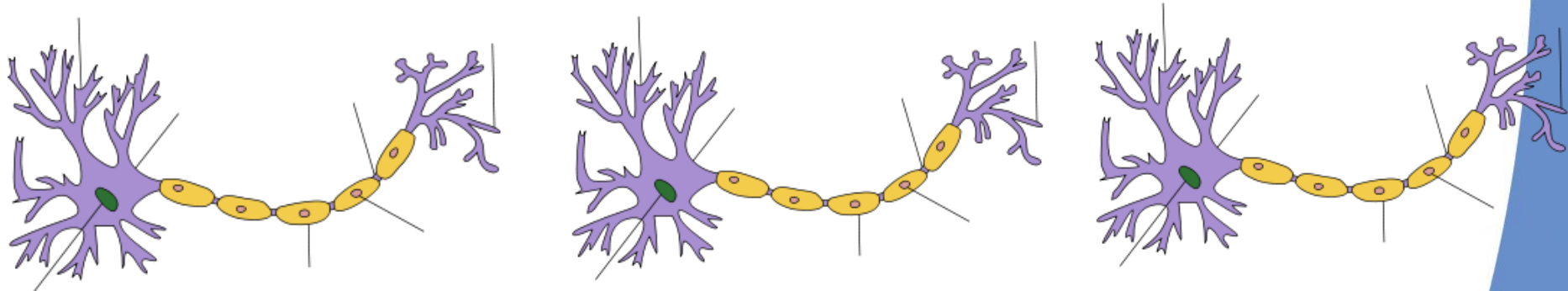
- Our brains control **everything** we do.
- If we think of our bodies as **cars**, our brains are the **drivers** behind the wheel!



- The brain has lots of parts, and each part controls a different part of what we do: moving, reading, talking, sleeping... **everything!**



- The brain works by sending **electrical signals** to the rest of our bodies to tell it what to do, on paths called **nerves**.



- For example, when you kick a soccer ball, your brain sends **electrical signals** to your leg and your foot so you can kick it as hard as you can!



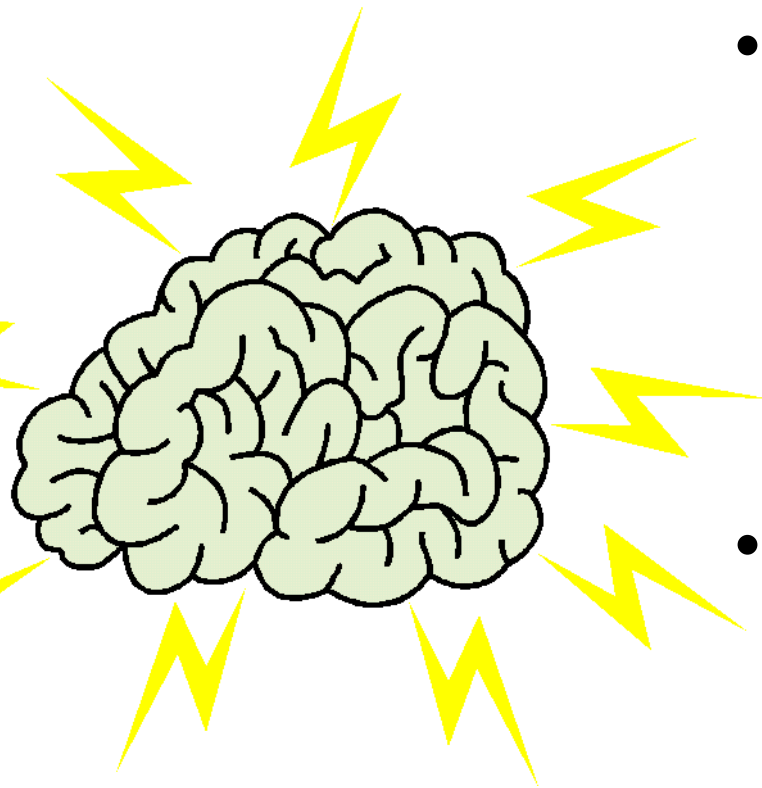
- But if something goes wrong with these electrical signals, sometimes **a seizure** can happen.
- Seizures usually happen **without any warning** to someone who might be feeling great.



- The person might even be in the middle of doing something fun like riding a bike!



**Lots of different things** can happen to someone who is having a seizure...




- This can be because **too many signals** are firing at once so your brain becomes overloaded
- OR a **signal is blocked** so it can't travel on its regular pathway.







- A lot of times the person begins to **convulse or shake** because the electrical signals can't control his or her muscles. 

- Sometimes the person might just seem very out of it, and **may not be able to respond** to you. They might even pass out, or become **unconscious**.



# If your friend is having a seizure, it is important to stay calm.

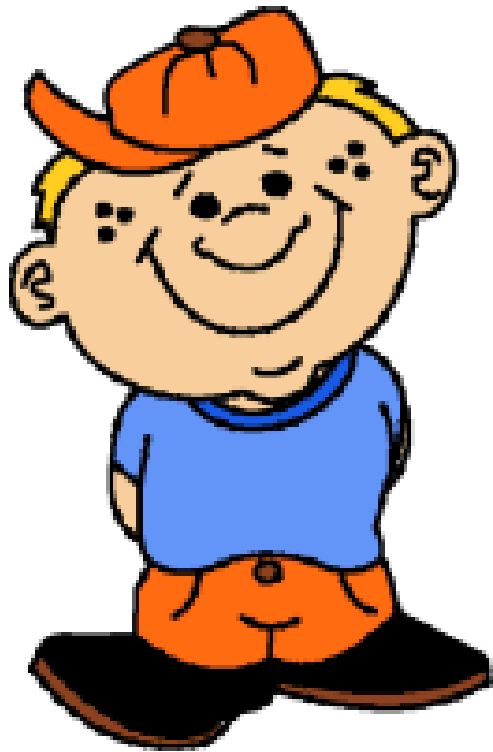
If you see someone having a **seizure**, get an **adult** or call **911** for help if there's a Phone Close By. If no **adult** is available, take the following steps:


- >> Remain calm.
- >> Place the person on the softest surface around - a rug or sofa if you are inside, or the grass if you are outside.
- >> Remove glasses, if the person is wearing any, and loosen any tight clothing.
- >> Put something soft under the person's head, like a pillow or a jacket, and lay the person on his or her side. That way, if the person throws up, he or she won't choke on the vomit.
- >> Do not try to restrain the person.
- >> Stay with the person until he or she wakes up.

*\*Note: This information comes from kidshealth.org. Every child is different so if these strategies do not meet the needs of the individual, please alter accordingly.*

kidshealth.org






- A person has **epilepsy** if he or she has a tendency to have seizures. 
- Epilepsy isn't contagious and it doesn't hurt.

- Friends with epilepsy are **just like everyone else**, they just need some extra help from medicines or doctors to make sure they don't have seizures.





- Just like how your friends who have glasses are healthy and normal, they just need a little extra help to see better. 

- Your friend might feel **scared** after he or she has a seizure.
- They might feel **different** because they have epilepsy.



- But they are just like you!
- It is important to **be a good friend** so that they feel comfortable, **accepted**, and safe!

