



# Seizure Disorders

*"Epilepsy is ... just part of me, part of my head, part of what's happening in there.*

*Sometimes something in my brain triggers it off." -Neil Young*

## Things to Know Regarding Seizure Disorders

Fifty million people worldwide have epilepsy, making it one of the most common neurological diseases. According to the [Epilepsy Foundation](#), there are 30 different types of seizures. During them, a person may be confused, not aware of what is going on, or unconscious. Knowing how to help can make a difference and save a life.

- Stay with the person until they are awake and alert after the seizure.
- Time the seizure, remain calm, and check for medical ID.

- Keep the person safe by moving or guiding them away from harm.

- Turn the person onto their side if they are not awake and aware.
- Keep airway clear, loosen tight clothes around their neck, and put something small and soft under their head.

**Call 911** if the seizure lasts longer than 5 minutes, occurs in water, causes breathing difficulties or injury, or is the first seizure this person has had.

## References

- "Types of Seizures," Epilepsy Foundation, [epilepsy.com/what-is-epilepsy/seizure-types](http://epilepsy.com/what-is-epilepsy/seizure-types)
- "Key Facts," World Health Organization, [who.int/news-room/fact-sheets/detail/epilepsy](http://who.int/news-room/fact-sheets/detail/epilepsy)