



## **A MINUTE OF HEALTH WITH CDC**

### *Responding to Seizures*

*National Epilepsy Awareness Month — November 2015*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Epilepsy is a brain disorder that causes recurrent seizures. Nearly three million people in the U.S. have been diagnosed with Epilepsy. Seizures have many signs. Typically, a person might suddenly stare, appear confused, or be unable to speak. They might stiffen, fall, shake, and lose awareness of their surroundings. When helping, you should remain calm and provide comfort. If they fall, help them lie on their side to keep their airway clear. Also, cushion their head and remove objects that could possibly cause injury. Most seizures end quickly. If it continues for more than five minutes, or the person has injured themselves, call 911.

Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*