

Mayo Clinic Medical Edge

What to do for a Seizure

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	YOU'RE IN THE MALL, ON A BUS OR AT A GAME WHEN SUDDENLY, SOMEONE NEARBY HAS A SEIZURE. WOULD YOU KNOW WHAT TO DO? MAYO CLINIC DR. JERRY SHIH SAYS...
Jerry Shih, M.D. Track 2 (3:10)	"THE FIRST ORDER OF BUSINESS IS REALLY TO ENSURE THE SAFETY OF THAT PERSON."
(jerry she)	BECAUSE PEOPLE HAVING A SEIZURE ARE OFTEN UNAWARE OF THEIR SURROUNDINGS, THEY MAY WANDER INTO TRAFFIC OR PUT THEMSELVES IN OTHER DANGER.
Dr. Shih Track 2 (3:30)	"IF THEY CLEARLY ARE IN A

	CONVULSION, MAKE SURE THEY'RE NOT BANGING THEIR HEAD ON A SHARP OBJECT OR THE FLOOR.”
	IF POSSIBLE MOVE THE PERSON ONTO THEIR SIDE TO HELP KEEP THEM FROM CHOKING ON SALIVA OR IF THEY THROW UP. WHAT YOU SHOULDN'T DO IS TRY TO FORCE ANYTHING INTO THEIR MOUTH.
Dr. Shih, Track 2 (4:22)	“MOST SEIZURE EXPERTS AGREE THAT THE AGE-OLD WIVES TALE OF STICKING A SPOON OR SOMETHING IN THEIR MOUTH IS MORE HARMFUL THAN HELPFUL IN MANY CASES.”
	AND OF COURSE DIAL 9-1-1 AS SOON AS POSSIBLE TO GET EMERGENCY HELP ON THE WAY.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN

	WILLIAMS.