

# GARGAARKA KOOWAAD EE LOOGU TALAGALAY SUUXDINTA

## SUUXDINTA MIYIR-BEELKA LEH (TONIC CLONIC SEIZURE)

Suuxdinta miyir-beelka leh ee uu jirku adkaado (tonic phase) oo ay daba socoto murqaha jirka oo gariira (clonic phase)



### SAMEE

- ✓ Inaad qofka suuxay la joogto
- ✓ Qoro inta daqiiqo ee uu qofku suuxsan yahay
- ✓ Ku dadaal inaysan wax dhibaato ah qofka suuxay soo gaarin: Ka ilaali dhaawac waliba madaxa kasoo gaara
- ✓ U rog dhinac gariirka marka uu istaago ka dib (isla markiiba haddii ay cunto/ ama cabitaan uu afka ugu jiro/ama ay matagaan)
- ✓ U fiirso oo la soco neefsashada
- ✓ Si tartiib ah niyada ugu deji qofka suuxay ilaa ay kasoo kabanayaan



### HA SAMEYN

- ✗ Inaad afka wax u geliso qofka suuxay
- ✗ Inaad celceliso/qaqabato qofka suuxay
- ✗ Inaad qofka suuxay dhaqdhaqaaqiso/ka qaado meesha inay khatar jirto mooyee

## SUUXDINTA AAN MIYIR-BEELKA LAHAYN (FOCAL SEIZURE)

Suuxdin aan miyir-beelka lahayn ee calaamadaha jahwareerka, qofkii oo aanan caadi u falcelinayn ama dabeecado qalafsan leh.

- Waa inaad qofka suuxay la joogtaa
- Qoro inta daqiiqo ee uu qofku suuxsan yahay
- Si tartiib ah uga fogee wixii khatar keeno kara hadii taas loo baahdo
- Si tartiib ah niyada ugu deji qofka suuxay ilaa ay kasoo kabanayaan
- Ha qaqaban/celcelin qofka suuxay inuu khatar ku sugan yahay mooyee

## WAC LAMBARKA 000 SI AY AMBALAAS KUUGU TIMAADO HADII:

- Aad xaalada markaas taagan ka shaki/walaacsan tahay
- Uu dhaawac jiro
- Uu qofka suuxay cunto/cabitaan afka afka ay ugu jiraan/ama uu matago
- Uu qofkaas biyo ku dhex suuxay
- Ay neefsashada dhibayso qofka suuxay gariirka markuu istaago ka dib
- Isla markiiba hadii ay markale suuxdinta ku dhacdo qofka
- Suuxdinta/qalalka ay sii socoto wax kabadan 5 daqiiqo
- Uusan qofka wax falcelin ah sameynayn wax ka badan 5 daqiiqo ka dib marka suuxdintu dhammaato



Tani maaha talo caafimaad ama liis dhamaystiran oo wax loogaga qabanayo suuxdinta. Tani waa hage kaa caawinaya wixii xal ah ee aad sameyn lahayd marka uu qof suuxo. Haddii aad wax shaki ah ka qabto waxaad samaynayso, ha ka labalabayn inaad wacdo ambalaas

# FIRST AID FOR SEIZURES

## TONIC CLONIC SEIZURE

Convulsive seizures where the body stiffens (tonic phase) followed by rhythmic muscle jerking (clonic phase).



### DO

- ✓ Stay with the person
- ✓ Time the seizure
- ✓ Keep them safe: protect from injury especially the head
- ✓ Roll onto side after jerking stops (immediately if food/fluid/vomit in mouth)
- ✓ Observe and monitor breathing
- ✓ Gently reassure until recovered



### DO NOT

- ✗ Put anything in the person's mouth
- ✗ Restrain the person
- ✗ Move person unless in danger

## FOCAL SEIZURE

Non-convulsive seizures with possible signs of confusion, inappropriate responses or behaviour.

- Stay with the person
- Time the seizure
- Gently guide away from harm if necessary
- Gently reassure until recovered
- DO NOT restrain the person unless in danger

## CALL 000 FOR AN AMBULANCE IF:

- You are in any doubt
- Injury has occurred
- There is food/fluid/vomit in mouth
- Seizure occurs in water
- Person has breathing difficulties after jerking stops
- Another seizure quickly follows
- Seizure lasts longer than 5 mins
- The person is non-responsive for more than 5 mins after the seizure ends



This is not medical advice nor an exhaustive list of responses to seizures. This is a guide to help you consider your response to seizures. If you are in any doubt about what to do, do not hesitate to call an ambulance.