

## MARCH 2022

### SEIZURE FIRST AID

The most commonly known seizure is the tonic-clonic seizure, which has the characteristic convulsions. There are several things to keep in mind when aiding someone experiencing a tonic-clonic seizure.

### DO'S AND DON'TS



**DO stay with the person.** They have likely fallen down and are breathing but unconscious. Be calm and reassure them that they will be alright.



**DON'T try to hold the person down,** grab their tongue, or place anything in their mouths.



**DO gently roll the person onto their side** to help them breathe, and place something soft and flat like a folded jacket under their head.



**DON'T try to perform CPR**



**DO clear the area of any sharp or hard objects** the person could bump into while seizing.



**DON'T immediately leave** or try to give them water or food until they are fully alert. They may seem alright but still be disoriented.

**Time the seizure. If it lasts for more than 4 minutes or the person has injured themselves, call 911.**

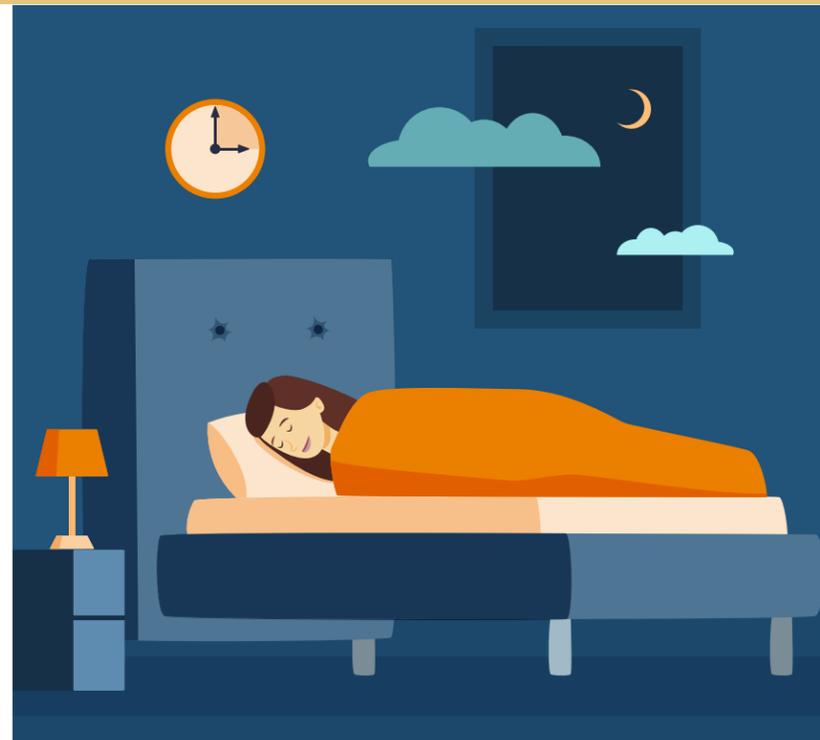
### SLEEP TIGHT

Melatonin is a hormone that our brains produce when it gets dark, helping regulate our internal clocks.

Melatonin supplements can be helpful for insomnia and delayed sleep phase syndrome (when someone falls asleep and wakes up much later than most people). It has also shown to be helpful for jet lag.

Take other steps to help your own natural production of melatonin. **Get sunshine during the day, turn down the lights before bed, and limit screen time at night.**

Melatonin is not recommended for people who are pregnant or breastfeeding, have a seizure disorder or high blood pressure, or are taking certain medications. If you are having trouble sleeping, it is safest to talk to your doctor to make sure melatonin is a good choice for you.



### BENEFIT SPOTLIGHT

### EASY MEDICAL ANSWERS

Sometimes we need a little bit of quick, basic medical advice to guide us rather than hopping into the car and driving to the doctor. A nurseline is one such service. Available through many medical plans, a nurseline provides 24/7 access to trained healthcare professionals (often nurses and sometimes doctors) who help address basic healthcare questions and help you figure out what your next steps should be — whether you can safely manage your condition at home or whether you need to go to the doctor or emergency room. Other common asks are:

- Questions about symptoms
- Medication side effects
- Post-injury care questions
- Nearest care option

Exact services may vary based on your insurance provider, so be sure to check your provider's website to see what nurseline services are available to you.



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