

- Check for a Medical ID
- NEVER restrain the person
- NEVER put something in their mouth
- Check for a Rescue Medication
- Stay Calm
- Epilepsy is NOT contagious

REMEMBER



Seizure First Aid



Call 911 if:

- It is a first time seizure
- It is a new type of seizure for the person
- Seizure lasts more than 5 minutes
- Seizures happen back to back
- Seizure happens along with another injury
- Person has diabetes or is pregnant
- Seizure happens in water



Seizures - What to look for

These are two common seizure types. Everyone presents differently.

Tonic-Clonic Seizures

Tonic-Clonic Seizures look like:

- Sudden, hoarse cry
- Loss of consciousness
- A fall
- Convulsions
- Shallow breathing and drooling may occur
- Possible loss of bowel or bladder control
- Typically last 1-3 minutes

Focal Seizures

Focal Seizures look different than the commonly known tonic-clonic. Symptoms depend on the person, and may look like:

- Staring blankly
- Chewing motions
- Fumbling with hands
- Shaking or tremors
- Wandering aimlessly
- May or may not lose consciousness

How to Respond

T

Turn person on their side



R

Remove objects/glasses



U

Use something soft under their head



S

Stay calm & stay with the person



T

Time seizure



First Aid for Focal Seizures

- Stay calm, reassure others.
- Time the seizure.
- Check for medical ID
- Move hazards or gently guide away
- **NEVER** grab, restrain or hold the person.
- Don't expect person to obey verbal instructions.
- Stay with them until seizure ends and the person is fully alert or help arrives.