

## First Aid for Seizures

It is most important to protect a person from harm during a seizure. Here are some tips:

### What to do during a Generalized Tonic Clonic Seizure (Grand Mal Seizure)

- ★ Look for medical identification.
- ★ Protect from nearby hazards.
- ★ Loosen tie or shirt collar.
- ★ Protect head from injury.
- ★ Turn on side to keep airway clear unless injury exists. Reassure as consciousness returns.
- ★ If single seizure lasted less than 5 minutes, ask if hospital evaluation wanted.
- ★ If multiple seizures, or if one seizure lasts longer than 5 minutes, call an ambulance. If person is pregnant, injured, or diabetic, call for aid at once.

### What NOT to do during a seizure

- ★ Do NOT try to open the person's mouth or place anything between their teeth. This could injure his/her gums or break his/hers teeth. If there is mucus or food affecting breathing, gently try to remove it.
- ★ Do NOT hold or restrain them.
- ★ DO NOT attempt to give them oral medication or anything to drink
- ★ Do NOT try to "shake the person out of it".

### What to do during a Complex Partial (Psychomotor or Temporal Lobe Seizure)

- ★ Speak calmly and reassuringly to person having the seizure and to others around them.
- ★ Guide gently away from obvious hazards.
- ★ Stay with person until completely aware of environment.
- ★ Offer to help afterwards, including helping them to get home.

### What to do during Myoclonic Seizures

- ★ No first aid is needed, but the person should be given a thorough medical evaluation.

### Call the person's doctor if:

- ★ The person has trouble breathing or skin color becomes bluish. Call 911 for emergency help if needed.
- ★ The seizure lasts more than 5 minutes.
- ★ The person cannot be awakened 30 minutes after the seizure.
- ★ There has been a change in frequency or type of seizure activity.
- ★ The person has a fever and you don't know why.