First Aid for Seizures
(Convulsions, generalized tonic-clonic, grand mal)

1. Cushion head, remove glasses
2. Loosen tight clothing
3. Turn on side
4. Time the seizure with a watch
5. Don't put anything in mouth
6. Look for I.D.
7. Don't hold down
8. As seizure ends...
9. ...Offer help

Most seizures in people with epilepsy are not medical emergencies. They end after a minute or two without harm and usually do not require a trip to the emergency room.

But sometimes there are good reasons to call for emergency help. A seizure in someone who does not have epilepsy could be a sign of a serious illness.

Other reasons to call an ambulance include:
- A seizure that lasts more than 5 minutes
- No "epilepsy" or "seizure disorder" I.D.
- Slow recovery, a second seizure, or difficulty breathing afterwards
- Pregnancy or other medical diagnosis
- Any signs of injury or sickness

Epilepsy Foundation
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First Aid for Seizures
Complex partial, psychomotor, temporal lobe)

1. Recognize common symptoms

   Blank staring  Chewing  Fumbling

   Wandering  Shaking  Confused speech

2. Follow first aid steps

   Don't grab hold  Explain to others  Block hazards

   You'll be okay.  Track time, remain nearby...  Thanks I'm fine now.

People who've had this type of seizure should be fully conscious and aware before being left on their own. Make sure they know the date, where they are, where they're going next. Confusion may last longer than the seizure itself and may be hazardous. If full awareness does not return, call for medical assistance.