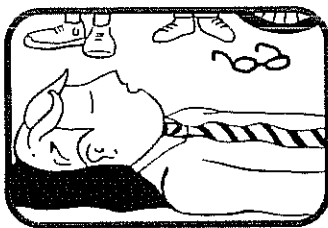
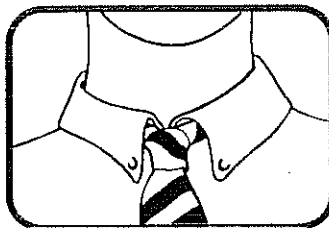


First Aid for Seizures

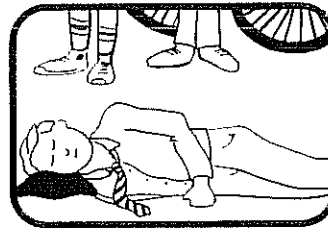
(Convulsions, generalized tonic-clonic, grand mal)



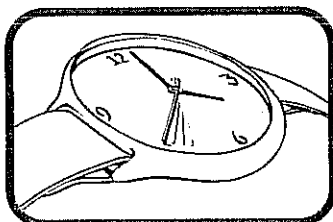
Cushion head,
remove glasses



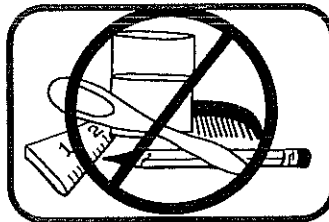
Loosen tight clothing



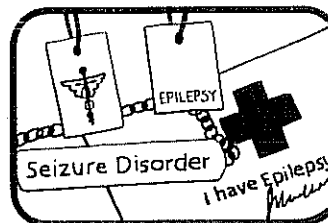
Turn on side



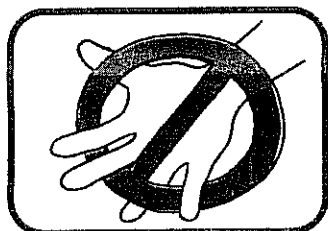
Time the seizure with
a watch



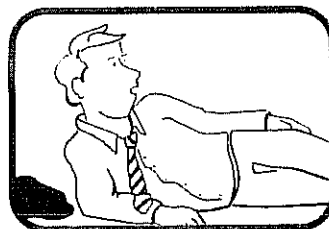
Don't put anything
in mouth



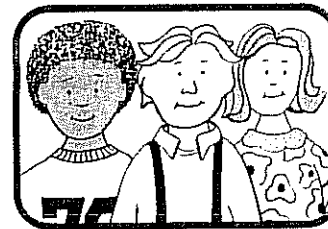
Look for I.D.



Don't hold down



As seizure ends...



...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



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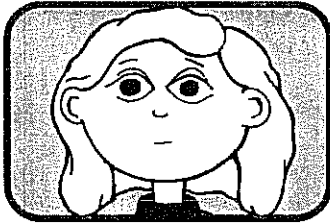
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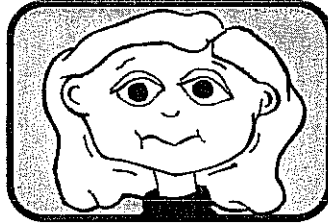
First Aid for Seizures

(Complex partial, psychomotor, temporal lobe)

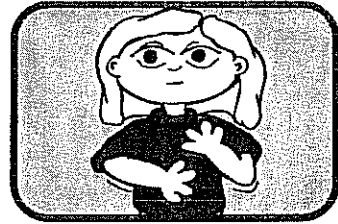
1. Recognize common symptoms



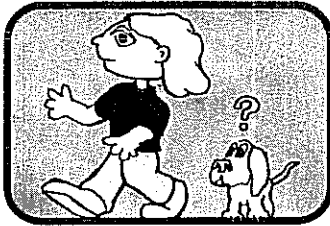
Blank staring



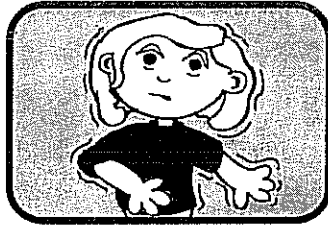
Chewing



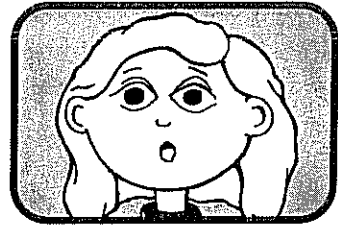
Fumbling



Wandering

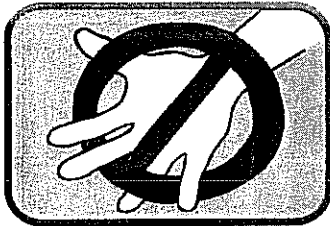


Shaking

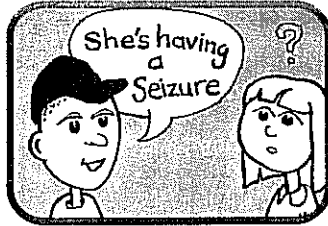


Confused speech

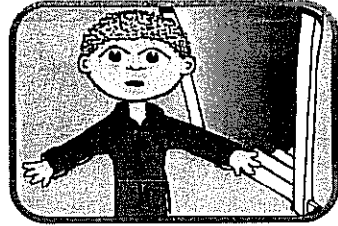
2. Follow first aid steps



Don't grab hold



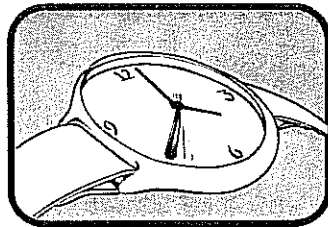
Explain to others



Block hazards



Speak calmly



Track time, remain nearby...



...until seizure ends

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.



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