

SEIZURE FIRST-AID

Non - Convulsive Seizure:

May include staring blankly, being dazed, unresponsive, performing repetitive movements, or impaired awareness; sometimes the person will stay in one place, or they may move around.

First-aid

- ✓ Stay with the person.
- ✓ Prevent them from wandering into harms way - if necessary, gently guide them away from danger or block access to hazards.
- ✗ Do not restrain them.
- ✓ Afterwards, the person will need time to regain full awareness. Stay with them and be reassuring.

Convulsive Seizure:

A person loses consciousness, their body stiffens, muscles jerk, and breathing becomes shallow.

First-aid

- ✓ Time the seizure.
- ✓ Protect the person from injury, move hard or sharp objects out of the way. Place something soft under the head, like a sweater or jacket.
- ✗ Do not restrain or put anything in the person's mouth. They will not swallow their tongue.
- ✓ Gently roll the person onto their side as the seizure subsides to allow saliva to drain away and to keep airways clear.
- ✓ Stay calm. Let the seizure take its course.
- ✓ Afterwards the person may need to rest - stay with them until they become re-oriented.

WHEN TO CALL 911

Most seizures last 1-3 minutes and are NOT medical emergencies. However, you should call 911 if:

- the seizure lasts more than five minutes.
- seizures repeat without full recovery between them.
- the person is having a first-time seizure, is pregnant, has diabetes, or is injured.