

SEIZURE FIRST AID

Convulsive and Non-Convulsive Seizures

CONVULSIVE SEIZURE: a person loses consciousness and falls down, their body shakes rapidly and uncontrollably.

NON-CONVULSIVE SEIZURE: may include staring blankly, dazed appearance, unresponsive, and performing repetitive movements such as lip-smacking or tugging on clothing; the person may wander or be confused afterwards.

WHAT TO DO

1

STAY CALM

- Let the seizure take its course.
- Do NOT restrain the person.
- Do NOT put anything in their mouth.

TIME THE SEIZURE

- Most seizures last 1-3 minutes.
- If the seizure is longer than 5 minutes, call 911.

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3

PROTECT THE PERSON

- Move sharp or dangerous objects away.
- If they've fallen, place something soft under their head & roll them onto their side.
- If they are wandering, gently guide them away from danger or block access to hazards.

STAY WITH THEM & BE REASSURING

- After the seizure has run its course, they may need time to regain full awareness and become re-oriented.

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WHEN TO CALL 911

For many people living with epilepsy a seizure is not a medical emergency.

However, you should call 911 if:

- The seizure lasts more than 5 minutes.
- Seizures repeat without full recovery between them.
- It is the person's first time having a seizure.
- They are pregnant or have diabetes.
- They are injured during the seizure.
- The seizure occurs in water.
- Consciousness or regular breathing does not return.
- Confusion after persists for more than 1 hour.



EPILEPSY
Toronto
See the Person

