

First Aid for Seizures

for Tonic Clonic Seizures

- ∅ If necessary, ease the person to the floor.
- ∅ Loosen any tight neck wear.
- ∅ Protect the person's head and body from injury.
- ∅ Do not restrain the person.
- ∅ Do not insert anything between the teeth.
- ∅ If the person starts to bleed from the mouth, do not panic. S/he has probably bitten the tongue.
- ∅ Once relaxed, turn the person onto the side to ensure an open air passage and decrease risk of aspiration.
- ∅ After the seizure, let the person sleep if needed. Suggest that s/he see a physician.
- ∅ If the person has a second seizure within a few minutes, call a doctor or ambulance.

- Do not be frightened if the person appears to stop breathing for a few seconds. This is common.
- If child has a seizure, the parents or guardians should be notified.
- Check for medical or emergency identification.

If a seizure lasts longer than 5 minutes, or repeats without full recovery

Seek Medical Assistance Immediately.

Although this rarely occurs, *status epilepticus* is life-threatening.
It is a serious medical emergency.

for Absence Seizures

- ∅ No first aid is required. Reassure the person.

for Simple Partial Seizures

- ∅ No first aid is required. Reassure the person.

for Complex Partial Seizures

- ∅ Do not restrain the person.
- ∅ Protect the person from injury by moving sharp or hot objects away.
- ∅ If wandering occurs, stay with the person and talk quietly.



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