

# FIRST AID FOR SEIZURES

Not sure how to help someone who's having a seizure? Our experts provide your **step-by-step** answers.

## 1 Learn how to recognize common symptoms of seizures.

Other medical conditions, such as fainting or staring due to inattention, can be easily mistaken for a seizure — or a period of altered brain function caused by abnormal or excessive electrical discharges from brain cells. Here's what to look for ...



STARING AND UNRESPONSIVE



JERKS AND TWITCHES



SHAKING OR FALLING



CONFUSION



WANDERING



PICKING OR LIP SMACKING

## 2 Know first aid steps for non-convulsive seizures.

Not all seizures are accompanied by whole-body convulsions, or when the body shakes uncontrollably. Here's what to do to help ...

**WATCH** the person carefully to recognize the seizure.

**SPEAK** quietly and calmly to the person.

**EXPLAIN** to others what is happening.

**GUIDE** the person gently to a safe area away from any danger such as water, machinery or fire.

**DON'T RESTRAIN** the person, or try to stop any movement.

**STAY** with the person until he or she regains complete consciousness.

## 3 Also know first aid steps for convulsive seizures.

In Grand mal seizures, a person loses consciousness, his or her muscles go rigid and the whole body convulses. Here's what to do to help ...

**TIME** the seizure.

**LOOK** for an "Epilepsy" or "Seizure Disorders" bracelet.

**PLACE** the person on his or her side, away from hazardous objects.

**DON'T PUT** anything in the person's mouth.

**REMOVE** eyeglasses and any tight objects around the person's neck.

**CALL 9-1-1** if the seizure lasts more than 5 minutes or results in injury.

**STAY** with the person until help arrives.