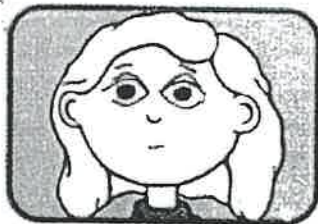


# First Aid for Seizures

(Complex partial, psychomotor, temporal lobe)

## 1. Recognize common symptoms



Blank staring



Chewing



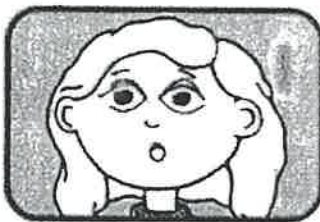
Fumbling



Wandering



Shaking

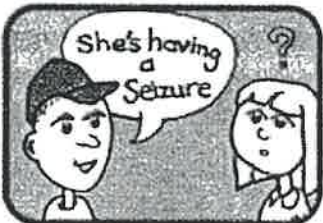


Confused speech

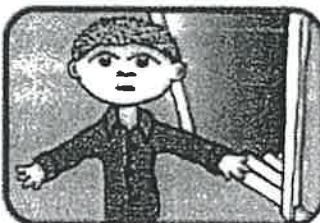
## 2. Follow first aid steps



Don't grab hold



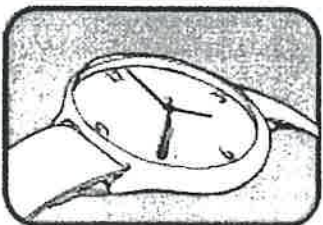
Explain to others



Block hazards



Speak calmly



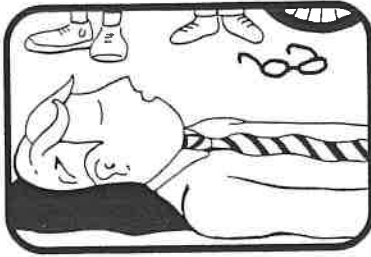
Track time, remain nearby...



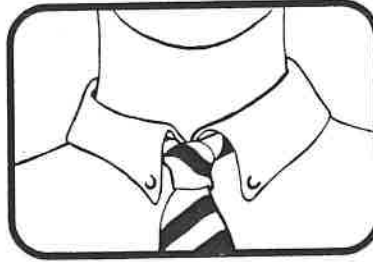
...until seizure ends

# First Aid for Seizures

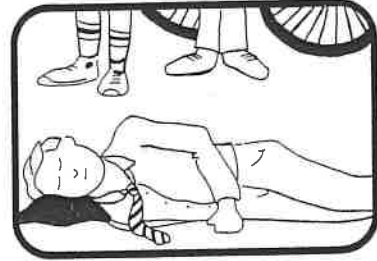
(Convulsions, generalized tonic-clonic, grand mal)



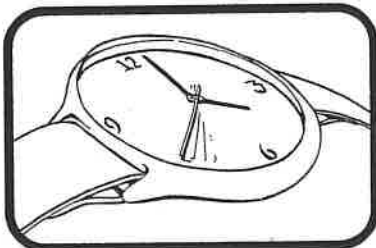
Cushion head,  
remove glasses



Loosen tight clothing



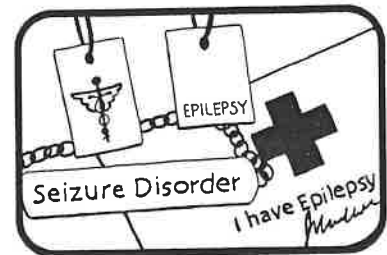
Turn on side



Time the seizure with  
a watch



Don't put anything  
in mouth



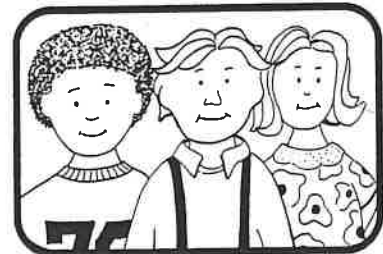
Look for I.D.



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



EPILEPSY FOUNDATION

1-800/332-1000  
www.epilepsyfoundation.org

