

First Aid for Seizures

(Convulsive, generalized tonic-clonic, grand mal)



DON'T PUT ANYTHING IN MOUTH

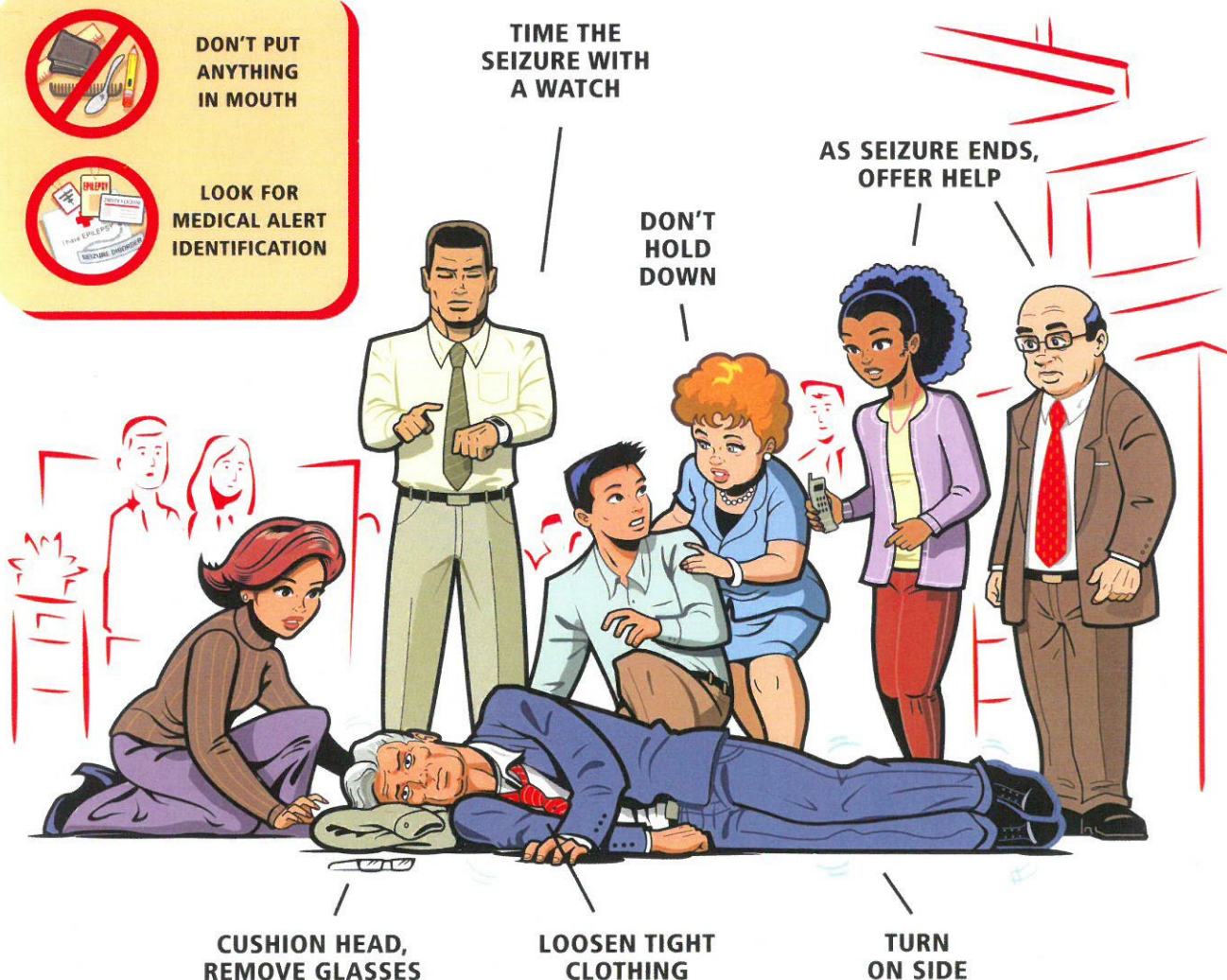


LOOK FOR MEDICAL ALERT IDENTIFICATION

TIME THE SEIZURE WITH A WATCH

AS SEIZURE ENDS, OFFER HELP

DON'T HOLD DOWN



CUSHION HEAD, REMOVE GLASSES

LOOSEN TIGHT CLOTHING

TURN ON SIDE

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" identification
- Slow recovery, a second seizure, or difficulty breathing afterwards
- Pregnancy or other medical diagnosis
- Any signs of injury or sickness



STRONGER TOGETHER

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