

Basic Seizure First Aid

Convulsive seizures:

Person falls, their body is rigid, muscles jerk, shallow breathing. Usually last 1-3 minutes. Afterwards, the person is confused and tired.

How you can help

1 Stay calm. Let the seizure take its course. Keep track of time.

2 Protect from injury. If necessary, ease the person to the floor. Move hard sharp objects out of the way. Place something soft under the head.

3 Loosen anything tight around neck. Check for Medical I.D.

4 Do not restrain the person.

5 Do not put anything in the mouth. The cannot swallow their tongue (although they may bite it).

6 Gently roll the person onto their side.

As the seizure subsides, to allow saliva or other fluids to drain away, helping to keep their airway clear.



7 Afterwards, talk gently to comfort and reassure the person, who will be confused. Stay with them until they become re-orientated. The person may need rest or sleep.

Non-convulsive seizures:

Person is staring blankly, dazed, unresponsive, movements are purposeless and clumsy. Usually last a few minutes. Afterwards, person remains confused.

How you can help

1 Stay with the person. Do not try to stop the seizure, but let it take its course. The person will be unaware of his or her actions, and may or may not hear you.

2 Move dangerous objects out of the way.

3 Do not restrain the person.

4 Gently guide away from danger
or block access to hazards

5 Afterwards, talk gently to reassure the person, who will be confused. Stay with them until complete awareness returns.



When to call 911

- If a convulsive seizure lasts longer than 5 minutes
- If consciousness or regular breathing does not return after seizure has ended
- If seizure repeats without full recovery between seizures
- If it is a first time seizure, or the person is injured, pregnant or has diabetes