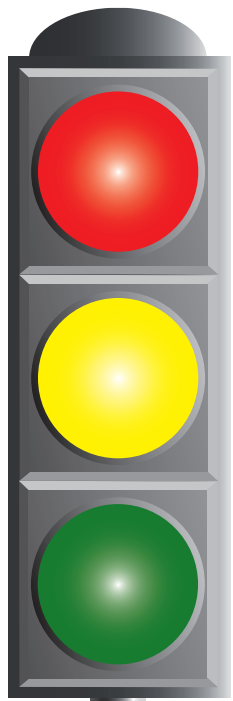


SEIZURE FIRST AID



First Aid for Tonic Clonic Seizures

Be calm

Remove dangerous objects

Always time the seizure

If person has fallen, turn on side and put something soft under head

Never put anything in mouth and never hold the person down

First Aid for Focal Impaired Awareness Seizures

The person is experiencing an altered state of consciousness and may have unusual sensations or feelings, repeat movements or wander

Restraining the person will only cause harm

Until they are completely aware, stay with the person

Safely and gently direct the person away from hazards

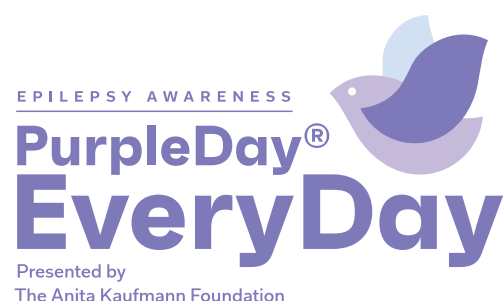
The person will need your help reorienting to their surroundings

Call for Emergency Assistance

- For a first-time seizure
- If a tonic clonic seizure lasts longer than 5 minutes, repeats, or occurs in water
- If the person is injured
- If the person experiencing a tonic clonic seizure is pregnant, has diabetes or does not resume consciousness or normal breathing
- If the person has no ID stating they have epilepsy

NEVER...

- Put anything in the person's mouth
- Restrain the person
- Give the person anything to eat or drink until they are fully awake and aware



For more information email debra@akfus.org

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