

# SEIZURE FIRST AID



## First Aid for Tonic Clonic Seizures

**B**e calm

**R**emove dangerous objects

**A**lways time the seizure

**I**f person has fallen, turn on side and put something soft under head

**N**ever put anything in mouth and never hold the person down

## First Aid for Focal Impaired Awareness Seizures

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

**R**estraining the person will only cause harm

**U**ntil they are completely aware, stay with the person

**S**afely and gently direct the person away from hazards

**T**he 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



EPILEPSY AWARENESS  
**The Anita Kaufmann  
Foundation**

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In collaboration with the  
Department of Veterans Affairs'  
Epilepsy Centers of Excellence

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