

First Aid for Seizures

(From <http://epilepsyontario.org>)

1. Keep Calm.

Seizures may appear frightening to the onlooker. They usually last only a few minutes and generally do not require medical attention. Remember that the person having a seizure may be unaware of their actions and may or may not hear you.

2. Protect from further injury.

If necessary, ease the person to the floor. Move any hard, sharp or hot objects well away. Protect the person's head and body from injury. Loosen any tight neckwear.

3. Do not restrain the person.

If danger threatens, gently guide the person away. Agitation during seizure episodes is common. Trying to restrain or grabbing hold of someone having a seizure is likely to make the agitation worse and may trigger an instinctive aggressive response.

4. Do not insert anything in the mouth.

The person is not going to swallow the tongue. Attempting to force open the mouth may break the teeth or cause other oral injuries.

5. Roll the person on their side after the seizure subsides.

This enables saliva to flow from the mouth, helping to ensure an open air passage. If there is vomit, keep the person on their side and clear out their mouth with your finger.

6. If a seizure lasts longer than 5 minutes, or repeats without full recovery ~ **SEEK MEDICAL ASSISTANCE IMMEDIATELY.**

Although this rarely occurs, status epilepticus is life-threatening. It is a serious medical emergency.

7. Talk gently to the person.

After any type of seizure, comfort and reassure the person to assist them in reorienting themselves. The person may need to rest or sleep. If the person wanders, stay with them and talk gently to them.

8. Check for a MedicAlert™ or other Medical ID Bracelet

The bracelet or necklet may indicate the seizure type and any medication the person is taking. If you call the MedicAlert hotline, an operator can direct you in your first aid procedures and may direct you to call any emergency contacts and physicians listed in that member's file.