

# First Aid for Seizures

Convulsions, Grand Mal  
Generalized Tonic-Clonic

Cushion head,  
remove glasses



Loosen tight  
clothing



Turn on side



Don't put anything  
in mouth



Check for epilepsy  
or seizure  
disorder I.D.



DO NOT restrain



As seizure ends  
offer help



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*Not another moment lost to seizures™*

**Although most seizures end naturally without emergency treatment, a seizure in someone who does not have epilepsy could be a sign of a serious illness.**

**Call for medical assistance if:**

- The seizure lasts more than 5 minutes
- A second seizure starts shortly after the first has ended
- The person has difficulty breathing after coming out of the seizure
- Consciousness does not return after the physical shaking has stopped
- There is no medical identification card present on the person and there is no way of knowing whether the seizure is caused by epilepsy
- The seizure has happened in water
- The person has a medical condition such as:
  - Diabetes
  - Pregnancy
  - Hypoglycemia
  - Head injury
  - Heat exhaustion
  - Poisoning
  - High fever

People who've had this type of seizure should be fully conscious and aware before being left on their own. Make sure they know the date, where they are and where they're going next.



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**800-332-1000**

**[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)**

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