Seizure First Aid

Tonic Clonic Seizure (Grand Mal)
Convulsive seizure with loss of consciousness, muscle stiffening, falling, jerking motions

1. Roll the person onto their side to keep airway clear
2. Cushion the head - place something soft under the head or cup your hands underneath
3. Remove glasses and loosen tight clothing
4. Time the seizure
5. After the seizure ends: Offer reassurance
   DO NOT restrain the person
   DO NOT put anything in the mouth

Complex Partial Seizure
Non-convulsive seizure with signs of confusion, unresponsiveness or inappropriate behavior. Altered consciousness and total loss of awareness. May be mistaken for alcohol or drug intoxication.

- DO NOT restrain the person
- Gently guide from behind
- Time the seizure
- After the seizure ends, offer reassurance

When to call 911:
- You know, or believe it to be, the person’s first seizure
- If the seizure lasts more than 5 minutes
- You feel uncomfortable dealing with the situation
- If the person is injured

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