What would you do if someone has a seizure?

SEIZURE FIRST AID

1. Stay Calm
2. Protect the person from injury – remove nearby objects and put something soft under the persons head
3. Roll the person onto their side.
4. DO NOT put anything in the mouth of a person having a seizure.
5. Time the seizure – if it lasts longer than 5 minutes, or if the person is injured, call 911.
6. Stay with the person until the seizure is over.

CALL 911 IF:
The seizure lasts more than 5 minutes
It is a first time seizure
Another seizure starts shortly after one ends
The person is pregnant, injured, or has diabetes
The seizure happens in water

NO NEED TO CALL 911 IF:
You know the person has epilepsy and
There are no signs of physical distress and
The seizure ends under 5 minutes and
Consciousness returns without further incident

Medical Conditions Other than Epilepsy that Can Cause Seizures:
Diabetes – Brain Infections – Heat Exhaustion – Pregnancy
Poisoning – Hypoglycemia – High Fever – Head Injury

Some Possible Seizure Triggers are:
- Missing a dose of seizure medicine
- Lack of sleep
- Drug toxicity
- Extreme fatigue
- Fever or illness
- Extreme heat-cold
- Hormones
- Full bladder
- Constipation
- Poor Nutrition
- Caffeine, sugar
- Hyperventilation
- Overeating
- Stress
- Being startled
- Low blood sugar
- Fear or anxiety
- Drugs or Alcohol
- Flashing lights

RECORD OF OBSERVATIONS

What was the person doing before the seizure? Did anything happen that may have triggered the seizure?
What happened during the seizure?
Did the seizure develop suddenly or gradually? What part of the body moved first? Next?
Did the eyes flutter and blink or roll? Did the skin show changes (flushed, clammy, pale, blue)?
Did the person talk during the seizure? Could the person respond? Did they lose consciousness?
Did the person perform any actions during the seizure? Did the seizure occur on one side of the body or both?
How long did the seizure last? Did the person lose bladder control or vomit?
What was the person like during the seizure (drowsy, confused, angry, unconscious)? For how long?
How did the person behave after the seizure (alert, disoriented, sleepy, weak)?
Did the person remember anything that happened during the seizure?
Did the person experience an aura or warning sensation that the seizure was coming?
Was the person injured during the seizure (please explain)?
Additional comments

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Epilepsy Association of WNY

- Epilepsy is the tendency to have recurrent seizures.
- A Seizure is a sudden disturbance in the electrical activity of the brain that results in a change of movement, consciousness, behavior, speech, or thinking.
- One in ten Americans will have a seizure during their lifetime.
- One in one hundred has epilepsy, and anyone can experience the onset of a seizure disorder at anytime.
- People with developmental disabilities such as cerebral palsy, mental retardation, and autism are at a significantly higher risk for seizures – the likelihood of seizures increases with the severity of the disability.
- Epilepsy is a disorder of the central nervous system. Since your brain controls everything your body does, anything that you can do normally can also happen abnormally in the form of a seizure.
- Status Epilepticus is a potentially dangerous medical emergency in which a person has a prolonged seizure lasting more than 30 minutes.

**HOW TO HELP**
- Understand what epilepsy is
- Know the three R’s:
  - Recognize
  - Respond
  - Report
- Have a plan of action in place
- Offer support and acceptance
- Be aware of the services available for people with epilepsy

**Seizure Types**

**Tonic-Clonic (Grand Mal):** two phases: stiffening and jerking, loss of consciousness, body becomes stiff and rigid, then jerks and convulsions start, temporarily suspended or altered breathing is common, entire seizure usually lasts a few minutes, often followed by confusion or sleepiness

**Absence (Petit Mal):** characterized by a blank stare or look of daydreaming, lasts only a few seconds, may include chewing or blinking, awareness is lost but returns quickly

**Complex Partial:** may begin with a trance like stare, random activities are common such as picking at clothing or lip-smacking, twitching may occur in an area of the body, usually the same set of actions occurs with each seizure, the person is generally unresponsiveness, usually lasts a few minutes

**Services offered by EAWNY**

- Counseling
- Family Support
- Case Management
- Advocacy
- Employment Assistance
- Support Groups
- Educational Programs
- Neurobehavioral Treatment