# Seizure First Aid

How to help someone having a seizure

01

# STAY WITH THE PERSON UNTIL THEY ARE AWAKE AND ALERT AFTER THE SEIZURE

- Remain calm. Check for medical ID.
- Time the seizure. Write it down in your seizure log.
- Video the seizure to share with the doctor.

02

### **KEEP THE PERSON SAFE**

Move them away from harm

03

# TURN THE PERSON ONTO THEIR SIDE IF THEY ARE NOT AWAKE AND AWARE

- Keep airway clear
- Loosen any tight clothes around their neck
- Put something small and soft under their head

04

### **CALL 911 IF...**

- Seizure lasts longer than 5 minutes
- Person does not return to their usual state
- Person is injured, pregnant, or sick
- First time seizure or repeated seizures
- Person has difficulty breathing
- The seizure occurs in water

05

### DO NOT...

- × Restrain them
- × Put any objects in their mouth
  - ✓ Rescue meds can be given if prescribed by a health care professional

#### **BEFORE YOUR NEXT SEIZURE:**

CREATE A SEIZURE ACTION PLAN (SAP) WITH YOUR DOCTOR.

SHARE YOUR SAP WITH ALL CAREGIVERS.

A SAP TEMPLATE CAN BE FOUND ON THE BACK OF THIS PAGE.



### **Acute Seizure Action Plan**

Name:		Birth date	:	Today's date:			
Care partner phone numbers:			Provider name/facility:				
		Provider p	hone numbers:				
Usual Seizure Patter	n						
Triggers:							
Pattern of seizures:							
Allergies:							
What the seizures normally look li	ke (Check all that a	apply)			Describe:		
Head May Drop  Loss of Muscle Control  Occurs Thr the Entire if Siump or Fall Forward  Blank St.	Roll Their Eyes	Stiff Body Epileptic Cry Back Arched	Jerky Movements Froth	Occurs in Specific Lot of the Brain  Blinking Eyes  Blank Stare	be		

☐ Tonic seizure



☐ Atonic seizure →

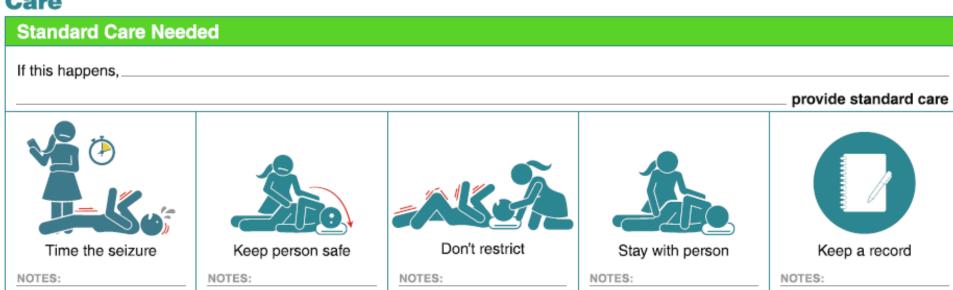
(also called drop)

□ Absence seizure

(also called petit mal)



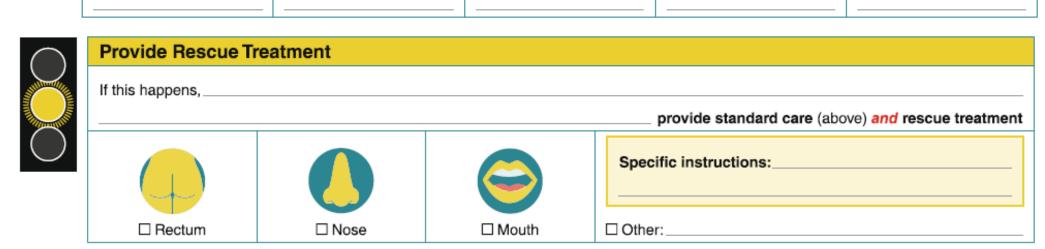
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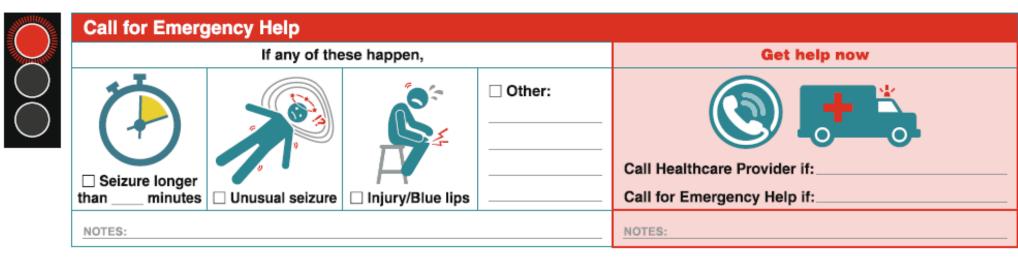


☐ Clonic seizure

☐ Focal impaired awareness seizure

(also called complex partial)





Healthcare Provider Authorization							
Signature:	Provider Printed Name:	Date:	For use from:	to:			
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