

FIRST AID FOR SEIZURES

Seizures occur when normal brain function is disrupted and the brain's electrical activity becomes erratic. This loss of control is called a seizure. Causes of seizures are numerous such as illness, fever, alcohol or drug overdose, and head injury. When no cause can be found and seizures become chronic, it is called epilepsy. Medications can control chronic seizures. Seizures may vary in intensity to just staring blankly to total body jerking (grand mal).

In all types of seizures, the goal is to protect the person from harm until they gain control. First aid for seizures include:

1. **Stay Calm.**

Seizures may appear frightening to the onlooker. They usually last only minutes. Remember that the person having a seizure may be unaware of their actions and may or may not hear you. Attempt to keep bystanders away and provide privacy since a seizure may scare others and embarrass the person experiencing the seizure. Call for Assistance. University Police – (315) 386-7777

2. **Protect.**

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.**

If danger threatens, gently guide the person away. 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. Look for a "Medic Alert" type ID.

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.

After the seizure, reassure the person and assist in reorienting them. They are usually very tired and may need to sleep.

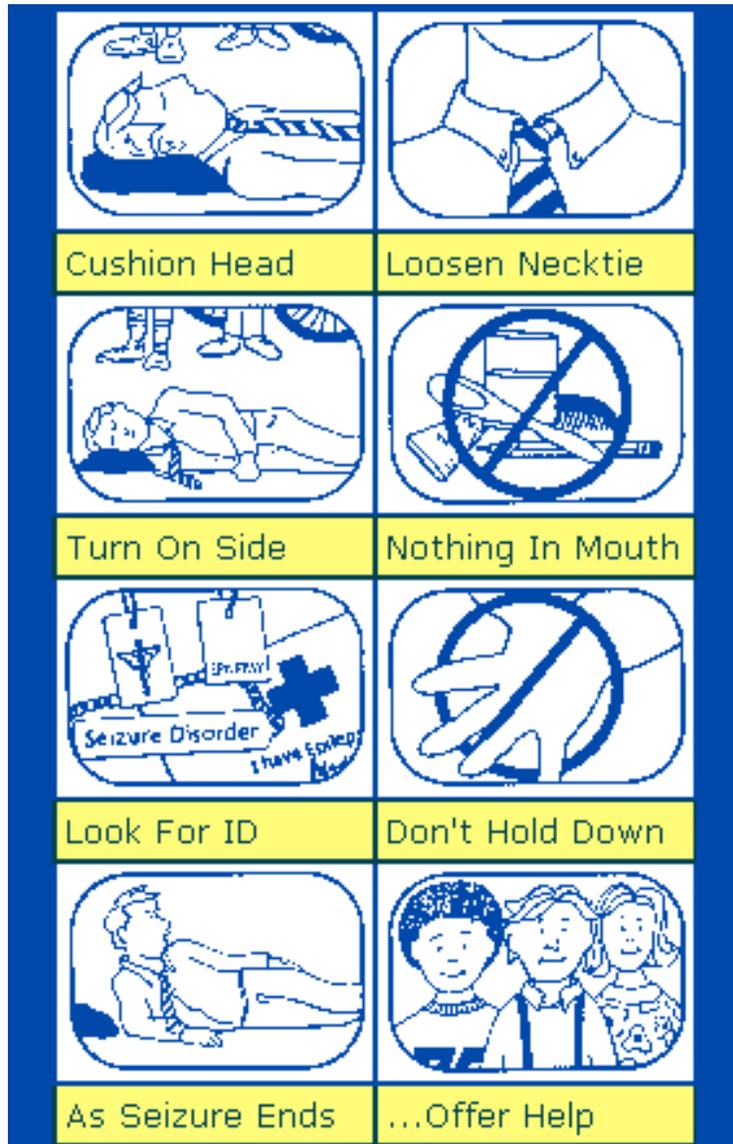
Although most seizures end naturally without emergency treatment, further assistance from qualified medical personnel is advised. It is absolutely required for:

- Seizure lasting more than five minutes
- No history of epilepsy or seizure disorder
- A second seizure or difficulty breathing afterwards
- Pregnancy or other medical problem
- Any signs of injury

SEIZURE FIRST-AID

(Convulsion, generalized tonic-clonic, grand mal)

According to research, most Americans have serious misperceptions about how to recognize seizure symptoms and provide the right kind of first aid. To help someone having a seizure, simply follow these steps:



Copyright ©1996-1998 Epilepsy Foundation