

# Seizure First Aid

## Tonic Clonic Seizure First Aid



Sometimes called “Grand Mal,” this is a convulsive seizure with loss of consciousness, muscle stiffening, falling, and jerking motions.

- **Stay calm and do not restrain the person having a seizure or put anything in their mouth**
- **Cushion their head with something soft**
- **Remove glasses and loosen tight clothing**
- **Time the seizure**
- **After the seizure ends, offer reassurance**

## Focal Impaired Awareness Seizure First Aid

These are non-convulsive seizures where the person shows signs of confusion, unresponsiveness, or inappropriate behavior. Behavior may include losing awareness or appearing to be intoxicated from drugs or alcohol.

- **Stay calm and do not restrain the person**
- **Gently direct away from any hazards**
- **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