

FIRST AID FOR SEIZURES

TONIC-CLONIC SEIZURE

RECOGNIZE

- Cry Out and Fall
- Lose Consciousness
- Rapidly Jerk Their Limbs
- Have Trouble Breathing
- Lose Bladder or Bowel Control

During a seizure, you should **NEVER**:

- Hold a person down
- Put something in their mouth or hold their tongue
- Give oral medications until conscious
- Use artificial respiration

Most seizures are not medical emergencies, but you should call 911 if:

- The person does not have a history of epilepsy
- The seizure lasts 5 minutes or longer
- The person was injured during the seizure
- The seizure occurred in water
- The person is pregnant or has diabetes

RESPOND


- Time the Seizure
- Cushion Their Head
- Turn on Their Side
- Don't Restrain Them
- Loosen Tight Clothing
- Explain to Others



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