

First Aid for Seizures



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SEIZURE FIRST AID

- Stay calm, stay with the person and if possible note the time and the length of the seizure.
- Keep the person safe from injury or falling; assist the person to the ground and into a side-lying position.
- Loosen clothing, remove eyeglasses, keep the person away from sharp / hard objects and cushion head if possible.
- DO NOT put anything into the person's mouth.
- **Call 911 / Emergency Medical Services:**
 - ♦ **Seizure lasts longer than 3 minutes**
 - ♦ **There are multiple seizures and poor return-to-normal function**
 - ♦ **The person becomes blue for a period of time**
- Stay with the person. Do not give food / drink until the person is fully alert.

WHAT IS A SEIZURE

A *seizure* is a neurological event that disrupts normal brain 'waves' and function.

There are several kinds of seizures.

- **Focal Seizures** (complex partial) start from either side of the brain, interrupting function in a particular part of the brain. Signs include confusion / staring, head turning, shaking movements of arms / legs, or other subtle symptoms.

People may sit, stand or walk about; make lip smacking or chewing motions; may look drunk or drugged, or may not be able to speak or answer questions.

These signs can spread to involve the entire body.

- **Generalized Seizures** begin over both sides of the brain.

There are several types of Generalized Seizures and most often they are:

- **Absence seizures** may look like brief staring spells.
- **Generalized tonic-clonic seizures** appear as whole body stiffening and shaking movements.

It is common for people to feel tired and confused following a seizure.

Epilepsy is a condition in which an individual may have repeated seizures. There are 2.7 million Americans who have seizures or epilepsy

SEIZURE SAFETY

- Must have someone present when bathing, using a hot tub or swimming
- No climbing more than five feet high
- Use common sense safety measures especially in the kitchen
- **No driving until approved by a physician:**
 - ♦ MN State law – 6 months
 - ♦ WI State law – 3 months
 - ♦ SD, ND, IA – 6 month restriction

Prompt appointments available for the evaluation of new onset seizures.

For an appointment, please call 651.241.5290