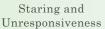
# First Aid FOR Seizures







Confusion



Jerks and Twitches



Wandering



Shaking or Falling



Picking or Lip Smacking

### Learn to recognize common symptoms of seizures:

- staring and unresponsiveness
- confusion
- · jerks and twitches
- wandering
- shaking or falling
- · picking or lip smacking
- whole-body convulsions (grand mal seizure)

## First aid steps: Non-convulsive seizures

- watch the person carefully to recognize the seizure
- speak quietly and calmly to the person
- explain to others what is happening
- guide the person gently to a safe area away from any danger such as water, machinery or fire
- don't restrain the person or try to stop the movements
- stay with the person until he or she regains complete consciousness

## Additional first aid steps: Grand mal (convulsive) seizure

- time the seizure
- look for an "Epilepsy" or "Seizure Disorders" bracelet
- place the person on his or her side, away from hazardous objects
- don't put anything in the person's mouth
- remove eyeglasses and any tight objects around the person's neck
- call 9-1-1 if the seizure lasts more than five minutes or results in injury
- stay with the person until help arrives

#### Learn more:

For more information on epilepsy and epilepsy treatment options, visit **clevelandclinic.org/epilepsy** or call **216.636.5860**.

