

First Aid FOR Seizures



Staring and Unresponsiveness



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**.



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