

Knowing how to attend to a **SEIZURE**

Most seizures last one or two minutes
and generally end without harm.



Symptoms* of a seizure

Sensory changes	Mental changes	Physical changes	Post seizure
<ul style="list-style-type: none">• Feeling odd, often indescribable• Out-of-body sensations• Unusual smells, tastes, or sounds• Numbness, tingling or feelings of electricity in part of the body	<ul style="list-style-type: none">• Confusion• Periods of forgetfulness or memory lapses• Daydreaming episodes• Loss of awareness or consciousness	<ul style="list-style-type: none">• Jerking movements of an arm, leg or body• Falling• Stiffening or tensing of muscles• Forced head turning• Possible tongue-biting and incontinence	<ul style="list-style-type: none">• Confusion• Sleepiness• Weakness• Headache• Nausea• Wet, heavy breathing

What to do

Non-convulsive seizures	Convulsive seizures
<ul style="list-style-type: none">• Watch the person carefully.• Stay calm and speak quietly.• Gently get the person to a safe area.• Avoid restraining the person.• Stay with the person until he or she regains complete consciousness.	<ul style="list-style-type: none">• Time the seizure.• Place the person on their side in a safe area.• Avoid putting anything in their mouth.• Remove glasses and tight objects from around their neck.• Call 911 if the seizure lasts over 5 minutes or the person is injured.• Stay with the person until medical help arrives.

* This is not a complete list of seizure symptoms. Depending on the type of seizure there could be additional symptoms. Some symptoms may be due to other medical problems or side effects of medicine.