

GENERALIZED TONIC CLONIC SEIZURES

May be mistaken for heart attack or stroke.

Symptoms

- Sudden cry, fall
- Rigidity, muscle jerks
- Shallow breathing
- Pale or bluish skin
- Possible bladder or bowel incontinence
- Seizure usually lasts a minute or two, then normal breathing returns

Epilepsy First Aid

IMPORTANT! NO MATTER WHAT YOU MAY HAVE HEARD:


- NEVER put anything in the person's mouth (Could cause injury and it is physically impossible for them to swallow their tongue.)
- NEVER restrain person (Could cause injury; seizures can't be stopped)
- If person is lying down, turn on side so saliva can drain from mouth
- Time length of seizure
- Check for medical I.D.
- Put something soft underneath head
- Remove eyeglasses and loosen tight clothing at neck
- Clear area of hard or sharp objects
- Calm and reassure bystanders

Call 911 if:

- Person does not resume normal breathing after seizure
- Seizure lasts more than 5 minutes or repeats without person regaining consciousness
- Person is injured, pregnant, or has diabetes
- This is first-time seizure (no medical I.D. present)
- Seizure occurred in water

After Seizure

- Person will be tired, possibly confused and may have headache
- Allow person to rest
- Do not offer food or drink until person is fully awake and alert
- Stay on scene until person is completely conscious

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COMPLEX PARTIAL SEIZURES

May be mistaken for substance abuse, mental illness or disorderly conduct.

Symptoms


- Blank stare
- Person seems dazed, unaware of surroundings
- Usually cannot respond to questions or orders
- Random actions may include:
 - ▶ chewing or lip smacking
 - ▶ picking at clothing
 - ▶ mumbling
 - ▶ wandering
 - ▶ hand wringing or disrobing
- If restrained may struggle or become aggressive against restraint
- Seizures usually last a few minutes
- Post seizure confusion can be much longer
- Typically no memory of what happened during seizure

Epilepsy First Aid

- Time length of seizure
- Check for medical I.D.
- Do not restrain; avoid touching the person if possible
- Speak calmly and reassuringly to person having seizure
- Guide away from possible hazards
- Stay back if person appears angry or aggressive
- Calm and reassure bystanders
- Call 911 if seizure last more than 30 minutes or there is obvious injury (Most people recover uneventfully after a complex partial seizure)

After Seizure

- Person will be disoriented, confused and possibly have headache
- Do not leave scene until person is **fully alert**

This information is reliable as of May 2010 and should be followed unless otherwise directed by a health care professional
Epilepsy Education Everywhere is dedicated to raising epilepsy awareness and education among the general public.
phone: 951-892-5265 email: epilepsied@gmail.com web: www.epilepsied.org
 Check out Epilepsy Education Everywhere on Facebook

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