# **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:

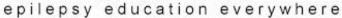
- . NEVER put anything in the person's mouth (Could cause Injury and it is physically impossible for them to swallow their tongue.)
- NEVER restrain person (Could cause injury; seizures can't be stopped)
- . If person is lying down, turn on side so saliva can drain from mouth
- . Time length of seizure
- . 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 untill person is fully awake and alert
- · Stay on scene untill person is completely conscious



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### COMPLEX PARTIAL SEIZURES

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

#### Symptoms

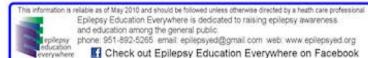
- · Blank stare
- Person seems dazed, unaware of surroundings
- · Usually cannot respond to questions or orders
- · Random actions may include:
  - chewing or lip smacking
  - picking at clothing
  - ▶ mumbling
- ▶ wandering
- ► hand wringing or disrobing
- If restrained may struggle or become aggessive 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 untill person is fully alert



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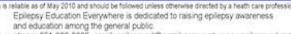
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