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# SEIZURE FIRST AID

November is National Epilepsy Awareness Month! Just like CPR, it is important to know what to do if you witness someone have a seizure. **Always follow your facility specific plan.** For general emergencies remember the three "S"s: Stay, Safe, Side.

## STEP 1. STAY

Remain with the person and start timing their seizure. Remember to remain calm and check for a medical ID.



## STEP 2. SAFE

Remove any potentially dangerous objects from around the person. If able move them out of the way of danger.



## STEP 3. SIDE

Turn the person so that they lay on their side. Make sure not to block their airway. Loosen any tight fitting clothing around their neck.



## STEP 4. CALL 911 IF ANY OF THESE OCCUR...

Seizures lasting longer than 5 minutes, repeated seizures, the seizure occurred in water, the person is pregnant, injured, sick, or having difficulty breathing, or this is the person's first seizure.

## REMINDERS:

- **NEVER** try to put anything in the mouth
- **NEVER** use restraints
- Remain with the person until the seizure is over

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# SIGNS OF SEIZURE

There are many different kinds of seizures; however, they are classified based on the total effect they have on the brain.

**Generalized Seizures** : affect both sides of the brain.

Signs of a generalized seizure include:

- crying out
- loss of consciousness
- falling to the ground
- muscle jerks or spasms

**Focal Seizures** : affect only one side of the brain.

Signs of a focal seizure include:

- change in sensation (taste, smell, etc.)
- confused or dazed appearance
- twitching
- non-responsive (but still conscious)

## Common As Needed Seizure Medications

Remember to check the expiration date on these medications monthly since they are not always used frequently. Benzodiazepines like diazepam, midazolam, and lorazepam are commonly used to stop seizures at home. Make sure to always read the directions for administration prior to the client needing the medication.

### Resources:

1. Types of Seizures. Centers for Disease Control and Prevention. <https://www.cdc.gov/epilepsy/about/types-of-seizures.htm>. Published September 30, 2020. Accessed October 11, 2021.
2. Epilepsy Foundation Communications, Authored. National Epilepsy Awareness Month. Epilepsy Foundation. <https://www.epilepsy.com/make-difference/public-awareness/national-epilepsy-awareness-month>. Published October 2020. Accessed October 7, 2021.