

## First Aid for Seizures

Seizure Type	What To Do
<b>TONIC CLONIC or GRAND MAL</b>  <b>(loss of consciousness)</b>	<ul style="list-style-type: none"> <li>• Move child away from hard, sharp, or hot objects.</li> <li>• Put something soft under child's head. Remove glasses and loosen anything around the neck. Turn child on one side to help with breathing.</li> <li>• Do not put anything in the child's mouth. Do not give liquids or medicines during or right after the seizure.</li> <li>• Do not try to hold the child's tongue.</li> <li>• Do not restrain the child's movements unless they put the child in danger.</li> <li>• Reassure the child as he or she is becoming conscious.</li> <li>• Usually it is not necessary to call 911 if it is known the child has epilepsy, and the seizure lasts a minute or two.</li> <li>• When to call for emergency aid:               <ul style="list-style-type: none"> <li>– This is the child's first seizure of unknown cause</li> <li>– Multiple seizures occur</li> <li>– The seizure lasts longer than five minutes</li> <li>– Afterwards the child is sick, injured, or doesn't respond</li> </ul> </li> </ul>
<b>ABSENCE or PETIT MAL</b>  <b>(loss of consciousness)</b>	<ul style="list-style-type: none"> <li>• Observe the child carefully.</li> <li>• Reassure the child if he or she is scared or confused.</li> <li>• Try to count and record episodes.</li> <li>• No first aid is necessary, but if this is the first absence seizure, medical evaluation is recommended.</li> </ul>
<b>MYOCLONIC or JERKS</b>  <b>(no loss of consciousness)</b>	<ul style="list-style-type: none"> <li>• Speak calmly to the child and other children around.</li> <li>• If a child is walking, guide gently to a safe place.</li> <li>• Stay close until the seizure has ended and the child is completely aware of where he or she is and can respond normally when spoken to.</li> <li>• First aid is usually not needed. A child having a myoclonic seizure for the first time should receive a thorough medical evaluation.</li> </ul>
<b>TONIC, ATONIC or AKINETIC</b>  <b>(loss of consciousness)</b>	<ul style="list-style-type: none"> <li>• Comfort the child and check to see if he or she is hurt. A medical check- up is recommended.</li> <li>• No immediate first aid is needed (unless there is an injury from a fall). If this is a first seizure of this type, the child should have a complete medical evaluation.</li> </ul>
<b>STATUS EPILEPTICUS</b>  <b>(loss of consciousness)</b>	<ul style="list-style-type: none"> <li>• This condition requires immediate medical attention. Call for emergency medical help.</li> <li>• Do not attempt to transport an actively seizing child in your car unless an ambulance is not available.</li> <li>• If the child has had this type of seizure before, follow advice specifically given by the child's doctor.</li> </ul>

<b>P A R T I A L</b>	<b>SIMPLE</b>  <b>(no loss of consciousness)</b>	<ul style="list-style-type: none"> <li>• No first aid necessary. If this is the child's first seizure, a medical evaluation is recommended.</li> </ul>
	<b>COMPLEX</b>  <b>(loss of consciousness)</b>	<ul style="list-style-type: none"> <li>• Speak calmly to the child and other children around.</li> <li>• If the child is walking, guide gently to a safe place.</li> <li>• Stay close until the seizure has ended and the child is completely aware of where he or she is and can respond normally when spoken to.</li> <li>• Pay attention to how long the seizure lasts; most partial seizures last a minute or two.</li> <li>• A child may be confused for up to half an hour afterwards. Longer periods of confusion may mean that a seizure is still active and the child needs medical attention.</li> </ul>