



epilepsyalliancefl.org

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THE POWER OF LOCAL



- Epilepsy is NOT contagious
- Stay calm
- Check for a Rescue Medication
- NEVER put something in their mouth
- NEVER restrain the person
- Check for a Medical ID

## REMEMBER

# SEIZURE RESPONSE



  
CALL  
**911**  
WHEN:

- It is a first time seizure
- It is a new type of seizure for the person
- Seizure lasts more than 5 minutes
- Seizures happen back to back
- Seizure happens along with another injury
- Person has diabetes or is pregnant
- Seizure happens in water

# SEIZURES: What to look for

These are two common seizure types. Everyone presents differently.

## TONIC-CLONIC SEIZURES

Tonic-Clonic Seizures look like:

- Sudden, hoarse cry
- Loss of consciousness
- A fall
- Convulsions
- Shallow breathing and drooling
- Possible loss of bowel or bladder control
- Typically lasts 1-3 minutes

## FOCAL SEIZURES

Focal Seizures look different than the commonly known tonic-clonic. Symptoms depend on the person and may look like:

- Staring blankly
- Chewing motions
- Fumbling with hands
- Shaking or tremors
- Wandering aimlessly
- May or may not lose consciousness

## HOW TO RESPOND

- 1 Turn the person gently on their side**
- 2 Remove hard or sharp objects/glasses**
- 3 Use something soft under their head**
- 4 Stay calm and stay with the person**
- 5 Time the seizure**

### RESPONSE FOR FOCAL SEIZURES

- Stay calm, reassure others
- Time the seizure
- Check for Medical ID
- Move hazards or gently guide away
- NEVER grab, restrain or hold the person
- Don't expect person to obey verbal instructions
- Stay with them until the seizure ends and the person is fully alert or help arrives