

## FIRST AID FOR SEIZURES <sup>15, 16</sup>

Seizure Type	What to Do
<b>GENERALIZED</b>	<p><b>Tonic-Clonic or Grand Mal</b> (loss of consciousness)</p> <ul style="list-style-type: none"> <li>• Move child away from hard, sharp, or hot objects. Put something soft under child's head. Turn child on one side to keep airway clear.</li> <li>• Do not put anything in child's mouth or give liquids or medications during or immediately after the seizure.</li> <li>• Do not try to hold the child's tongue; it cannot be swallowed.</li> <li>• Do not restrain movement.</li> <li>• Cushion the head, remove glasses and any tight neckwear, and turn child on side. Do not restrain movements unless they place the child in danger. Do not put anything in the mouth. If the seizure lasts more than two minutes or if it is the first time that child has had a seizure, you should get medical help immediately.</li> <li>• Reassure the child when consciousness returns.</li> <li>• Usually it is not necessary to call an ambulance if it is known that the child has epilepsy, and the seizure ends after a minute or two.</li> <li>• Call for emergency aid if this is the child's first seizure of unknown cause, if multiple seizures occur, if the seizure lasts longer than five minutes, or if the child seems sick, injured, or unresponsive.</li> </ul>
	<p><b>Absence or Petit Mal</b> (loss of consciousness)</p> <ul style="list-style-type: none"> <li>• Observe the child carefully.</li> <li>• Reassure the child if he or she is frightened or confused.</li> <li>• Try to count and record episodes.</li> <li>• No first aid is necessary, but if this is the first observation of an absence seizure, medical evaluation is recommended.</li> </ul>
	<p><b>Myoclonic or Jerks</b> (no loss of consciousness)</p> <ul style="list-style-type: none"> <li>• Speak calmly to the child and other children around him or her.</li> <li>• If the child is walking, guide him or her 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>• If the seizure is a first occurrence, a medical check-up is recommended.</li> <li>• First aid is usually not needed. However, a child having a myoclonic seizure for the first time should receive a thorough medical evaluation.</li> </ul>
	<p><b>Tonic and Atonic or Akinetic</b> (loss of consciousness)</p> <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 first aid is needed (unless there is injury from a fall), but if this is a first tonic or atonic seizure, the child should be given a thorough medical evaluation.</li> </ul>
	<p><b>Status Epilepticus</b> (loss of consciousness)</p> <ul style="list-style-type: none"> <li>• This condition requires immediate medical attention. Call for 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>PARTIAL</b>	<p><b>Simple</b> (no loss of consciousness)</p> <ul style="list-style-type: none"> <li>• No first aid necessary, but if this is the first observation of the seizure, medical evaluation is recommended.</li> </ul>
	<p><b>Complex</b> (loss of consciousness)</p> <ul style="list-style-type: none"> <li>• Speak calmly to the child and other children around him or her.</li> <li>• If the child is walking, guide him or her 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 the duration of the seizure; most partial seizures last a minute or two. However, a child may be confused for up to half an hour afterwards. Longer periods of confusion may mean that seizure activity is continuing and the child needs medical attention.</li> </ul>