

Seizure First Aid

Tonic Clonic Seizure First Aid



Sometimes called “Grand Mal,” this is a convulsive seizure with loss of consciousness, muscle stiffening, falling, and jerking motions.

- Stay calm and do not restrain the person having a seizure or put anything in their mouth
- Cushion their head with something soft
- Remove glasses and loosen tight clothing
- Time the seizure
- After the seizure ends, offer reassurance

Focal Impaired Awareness Seizure First Aid

These are non-convulsive seizures where the person shows signs of confusion, unresponsiveness, or inappropriate behavior. Behavior may include losing awareness or appearing to be intoxicated from drugs or alcohol.

- Stay calm and do not restrain the person
- Gently direct away from any hazards
- Time the seizure
- After the seizure ends, offer reassurance



When To Call 911

You know, or believe it to be, the person's first seizure

If the seizure lasts more than 5 minutes

You feel uncomfortable dealing with the situation