



Patient Education

Seizure First Aid

by NeuroCare.AI

What is Seizure?

Seizures have the potential to create injury, further illness, and possible death due to suffocation. **First aid** is extremely important to prevent death and injury to seizing patients. In this article, we review different steps to provide first aid to a seizing person.

More than **1 out of 10** people will develop a seizure. It is not uncommon for people to experience seizures, and they need assistance, so they might need to call for help after a seizure.



Know how you can help:

It is suitable for everyone to become familiar with what to do if you see someone having a seizure to help that person until emergency medical help arrives.

As soon as you know what happened. Next, you need to take steps to protect the person from further secondary events or injury due to seizures.

1. Roll the person on one side.

People with epilepsy are not able to control their movements and posture when they have a seizure. Therefore, the **safest place for them to be is lying down on the floor**. A person may also vomit during a seizure episode. To prevent choking, it's best to place them on their side. You should also move any objects away from the person that could potentially hurt them (eg., sharp objects, glass).



2. Avoid placing anything in the person's mouth.

People commonly hold something in their mouth during a seizure, which rarely leads to serious injury. In addition, placing anything in the person's mouth while they are seizing represents a **greater risk of choking**.



3. Call the paramedics when the seizure lasts longer than 5 mins.

Seizures can be brief, but if they **last more than 5 minutes** or are very different from a seizure the person usually has, it's time to call 911. These seizures can be dangerous. Do everything you can to keep that person having seizure safe.



4. Check for any Medical ID Bracelets.

An epilepsy patient usually wears a medical ID tag that lists the medications used to relieve seizures or has the medicines listed on the back of the ID tag.

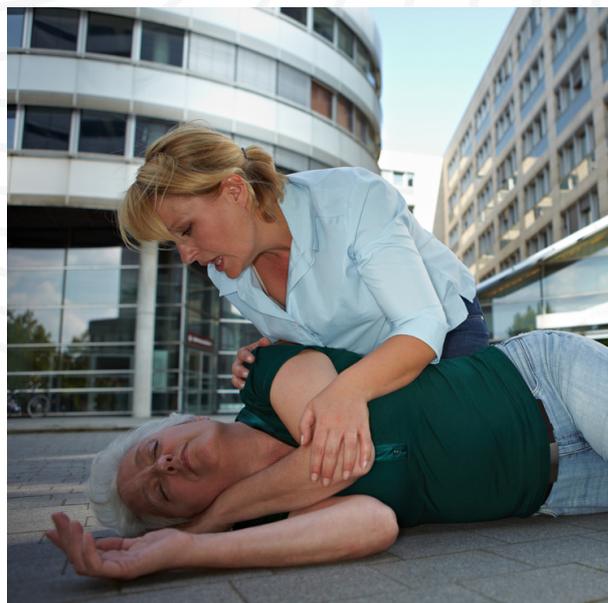
This **medical bracelet is an essential item for people with epilepsy**. The bracelet can be used to identify someone with epilepsy so emergency responders can quickly contact someone who can help.



5. Remain calm.

If someone is having a seizure, **be calm**. This can be scary, but seizures often end on their own within a few minutes. Regardless of what the person is doing at the time of seizure, it's not your fault, and you cannot hurt them.

- Call for help if need be;
- Stay with the person until they are awake; and
- Avoid touching the person, even if they are awake.



6. Perform whole-body assessment.

Check the person's breathing and **make sure they are not choking**. Don't restrain their movements. Please make sure they are not in danger, such as near-road traffic.

- Loosen any tight clothing.
- Move the person away from sharp objects.
- Cushion the person's head with a pillow or soft things.



Seizures in Wheelchair

If you or someone else gets into a **wheelchair, car seat, or stroller** when already seated and has a seizure, it is important for you to take the following steps:



- **Let the person seated with their seatbelt on** during seizure unless the movements are causing injury.
- Make sure you **lock the brakes** on if this is a wheelchair.
- **Put them in the recovery position** by positioning their legs in front of them, so that they are lying at a slight angle, with their head slightly raised. This helps to keep any fluids or foods in their mouth while making it easier to vomit.
- **Find any thing soft** you can cushion and support the head until seizure has finally ended.
- **Take the person out of their chair and lay them down** if they are having trouble breathing or have had an extended seizure and need to sleep.
- If they are still having difficulties, **call 911** and closely monitor the patient while you get ready to do CPR if they ever stop breathing.

Seizures in Water

If seizures happen in water, it is important to do the following:



- **Support their head** by holding them in the water with your arm, to keep their head out of the water.
- Tilt their head back to **manage a clear airway** so they can breathe.
- If the person has fallen into a pool on the time of seizure, **lift them out if they have stopped jerking** and make sure they have an unobstructed airway.
- You may **make use of flotation devices** when removing the person from the water.



DO NOT's in Seizure First Aid



Understanding what you should NOT SAY or DO is important for preventing something bad from happening to you during or after a seizure. If someone has a seizure, never do these four things:

- **Do NOT restrain** him or her from the seizure movements unless in the situation calls for a danger of injury.
- **Do NOT put anything** in his or her mouth.
- **Do NOT give mouth-to-mouth breaths (or CPR)** until he or she is breathing again on his or her own; When a person has a seizure, he or she usually starts breathing again once the seizure subsides.
- **Do NOT offer food or water** until the person has fully regained consciousness.

When should you call 911:

- You **cannot determine** whether or not the patient has epilepsy.
- The **patient is pregnant, has heart disease, or has diabetes.**
- Seizures **happened in the water.**
- Seizures **last longer than 5 minutes.**
- **Loss of consciousness** and have stopped breathing.
- **Self-injuring** seizures.
- If **another seizures start** without any signs of regained consciousness.

DISCLAIMER:

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