First Aid for Seizures
During a Convulsion

A person falls, their body becomes rigid, muscles jerk, and breathing may become shallow.

What should you do?
• Stay calm. Most seizures last less than five minutes.
• Do not restrain the person during the seizure.
• Protect the person from injury. If possible, ease the person to the floor. Move hazardous objects out of their way.
• As soon as possible, gently roll the person onto their side.
• Loosen anything around their neck and remove their eyeglasses.
• Check for medical identification: a medical bracelet or necklace.
• Do not put anything in their mouth. A person cannot swallow their tongue.
• Afterwards, talk gently to comfort and reassure the person. Stay with them until they are re-oriented.

Other Seizures
Not all seizures are convulsive. A person may stare blankly, and appear dazed and unresponsive. They may walk in a purposeless and clumsy manner. These seizures usually last less than five minutes.

What should you do?
• Stay with the person. The person may be unaware of their actions.
• Move hazardous objects out of their way.
• Do not restrain the person during their seizure.
• Gently guide the person away from any danger.
• Afterwards, talk gently to reassure the person. Stay with them until they are re-oriented.

When should you call 911?
• When a seizure lasts longer than five minutes.
• When you find someone in a convulsion and you are unsure how long the seizure has lasted.
• When seizures repeat without full recovery between them.
• If the person appears confused for more than 20 minutes after a seizure.
• When a seizure has occurred in water.
• If the person is injured, pregnant, or has diabetes.
• If it is the person’s first seizure.

For more information, please contact the BC Epilepsy Society at 604-875-6704, info@bcepilepsy.com, or www.bcepilepsy.com.