



**BC Epilepsy
Society**

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 visit the BC Epilepsy Society website at www.bcepilepsy.com or contact us by phone at 604-875-6704 or by email at deirdre@bcepilepsy.com or sonia@bcepilepsy.com