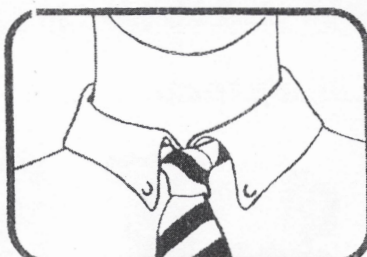


# First Aid for Seizures

(Convulsions, generalized tonic-clonic, grand mal)



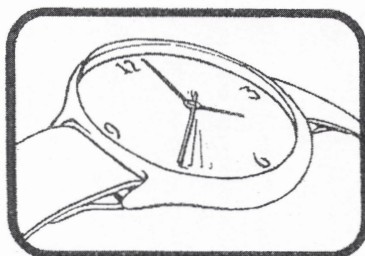
Cushion head,  
remove glasses



Loosen tight clothing



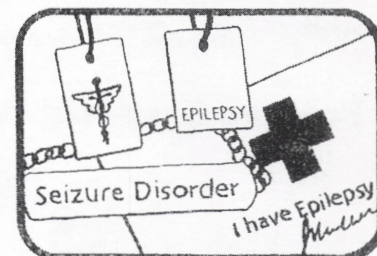
Turn on side



Time the seizure with  
a watch



Don't put anything  
in mouth



Look for I.D.



Don't hold down



As seizure ends...



...offer help

Most seizures in people with epilepsy are not medical emergencies. They end after a minute or two without harm and usually do not require a trip to the emergency room.

But sometimes there are good reasons to call for emergency help. A seizure in someone who does not have epilepsy could be a sign of a serious illness.

Other reasons to call an ambulance include:

- A seizure that lasts more than 5 minutes
- No "epilepsy" or "seizure disorder" I.D.
- Slow recovery, a second seizure, or difficulty breathing afterwards
- Pregnancy or other medical diagnosis
- Any signs of injury or sickness



EPILEPSY FOUNDATION

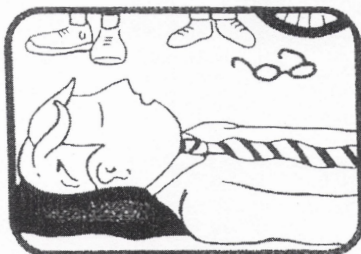
1-800/332-1000  
www.epilepsyfoundation.org



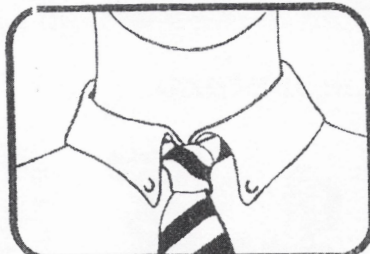


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(Convulsions, generalized tonic-clonic, grand mal)



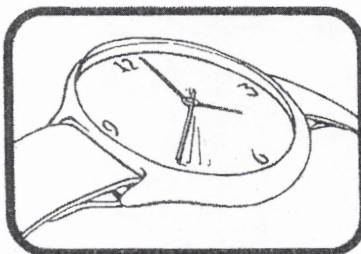
Cushion head,  
remove glasses



Loosen tight clothing



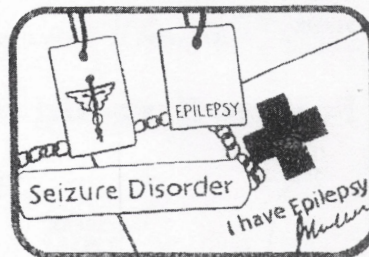
Turn on side



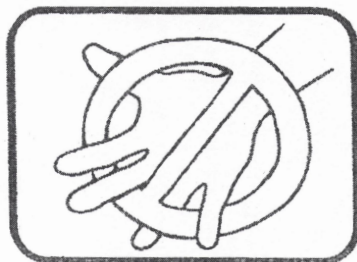
Time the seizure with  
a watch



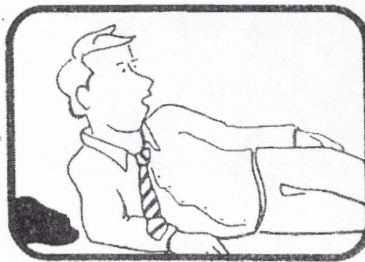
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