

WHAT TO DO DURING A CONVULSIVE SEIZURE

(also called a grand mal seizure)¹

IF SOMEONE IS HAVING A SEIZURE, IT'S IMPORTANT TO^{2,3}:



STAY CALM



CLEAR THE AREA



STAY WITH THE PERSON AND TRY TO MAKE THEM COMFORTABLE



MAKE SURE THE PERSON IS ON THEIR SIDE



TIME THE SEIZURE



WRITE DOWN WHAT HAPPENED

TEAR OFF THESE PERFORATED CARDS AND HANG THEM AROUND THE HOUSE.

THE TIPS ON EACH CARD ARE LOCATION-SPECIFIC, AND CAN HELP YOU ACT FAST IF A SEIZURE HAPPENS.

THIS TYPE OF SEIZURE CAUSES A PERSON TO^{1,2,4-7}:

- Fall to the ground
- Go stiff at first (tonic phase)
- Make jerking movements (clonic phase)

If the person has auras (certain feelings or senses that happen before a seizure, like a strange, wavelike feeling in the head or an unusual smell) or triggers (things that can cause a seizure, like stress or flashing lights), you should know about them. The more you know, the more prepared you will be when a seizure happens. Note that not everyone experiences auras or triggers.



DO NOT²

- Hold the person down
- Put anything in their mouth
- Try to get them to eat or drink anything unless the person is fully alert



DO²

Call 911 if the seizure lasts 5 minutes or longer, if the person gets hurt, is in water, or has more than one seizure after another



STAIRCASE^{1,2}

1. INSTALL A GATE AT THE TOP OF THE STAIRS
2. PLACE PADDING ON RAILINGS
3. LIMIT THE NUMBER OF TIMES YOU USE THE STAIRS



BATHROOM¹⁻³

1. PLACE AN "OCCUPIED" SIGN ON THE DOOR INSTEAD OF LOCKING THE DOOR
2. HINGE THE BATHROOM DOOR SO THAT IT SWINGS OUTWARD
3. USE NONSKID PADS IN BATHTUBS AND SHOWERS
4. KEEP WATER TEMPERATURE LUKEWARM WHILE SHOWERING



KITCHEN¹⁻⁴

1. COOK FOOD ON A BACK BURNER¹
2. USE UNBREAKABLE DISHES (SUCH AS PAPER PLATES)
3. USE A FOOD PROCESSOR INSTEAD OF KNIVES



BEDROOM¹⁻³

1. AVOID PUTTING YOUR BED AGAINST A WALL OR NEAR A RADIATOR
2. LIMIT THE NUMBER OF PILLOWS YOU SLEEP WITH
3. PLACE PADS OR MATTRESSES ON THE FLOOR NEAR THE BED, OR SLEEP ON A FUTON OR OTHER LOW BED



HOUSEHOLD¹⁻³

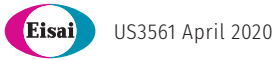
1. AVOID CLUTTER
2. COVER SHARP TABLE EDGES, COUNTER TOPS, OR FAUCETS WITH PROTECTIVE PADDING
3. USE WALL-TO-WALL CARPETING INSTEAD OF AREA OR THROW RUGS



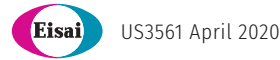
OUTDOORS^{1,2}

1. DO NOT SWIM ALONE
2. HAVE SOMEONE AROUND WHO CAN KEEP TRACK OF YOUR LOCATION AND ACTIVITIES
3. CONSIDER YOUR SURROUNDINGS AND AVOID DANGEROUS SITUATIONS

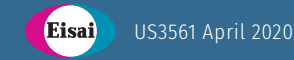
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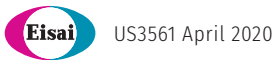
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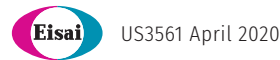
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