



Seizure Types and First Aid

You may have seen someone having a seizure and not even realized it. A seizure can look like many different things and have many different symptoms. About 1 out of 12 people will have a seizure during their lifetime. Anyone, whether they are young, old, healthy, or otherwise could have a seizure. There are over 20 different seizure types. A person with epilepsy (recurring seizures) may experience one kind of seizure or many different kinds. The kind of seizure a person has depends on which part and how much of the brain is affected by the electrical disturbance that produces seizures. Knowing how to recognize seizures and what to do will help keep a person safe.

Generalized Seizures

Seizure Type	Seizure Symptoms	Postictal (post-seizure) Symptoms	First Aid/What to Do
Absence (Petit Mal)	Blank stare Loss of awareness Pause in activity Possible eyelid fluttering Begin and end abruptly Usually last 2 to 15 seconds	No recollection of seizure Promptly resumes activity	Repeat or provide any information that the person may have missed
Tonic-Clonic (Grand Mal)	Abrupt loss of consciousness Falling Stiffening of body Jerking – affects the whole body Shallow breathing or drooling may occur Skin may become pale or bluish Usually end within 3 minutes	No recollection of seizure Confusion Headache Fatigue	Protect head from injury Move objects away Gently turn on side to keep airway clear Do not restrain Do not put anything in the mouth (this could cause choking or break teeth) Be friendly and reassuring as consciousness returns Call ambulance if the seizure lasts more than 5 minutes, there is no known history of seizures, or if injured
Atonic (Drop Attacks)	Abrupt loss of consciousness Sudden loss of muscle tone (head drops, collapse)	No recollection of seizure Generally quick recovery within 1 minute	Call ambulance if injuries are suspected
Myoclonic	No loss of consciousness Rapid brief muscle contractions	Promptly resumes activity	Offer reassurance and assistance



Partial Seizures

Seizure Type	Seizure Symptoms	Postictal (post-seizure) Symptoms	First Aid/What to Do
Focal Aware (Simple Partial)	<p>No loss of consciousness</p> <p>Sensory symptoms (smell, sound, or visual distortion, or tingling), or</p> <p>Psychic symptoms (feelings of fear, déjà vu, or hallucinations), or</p> <p>Changes in muscle activity (twitching)</p> <p>Usually last 10 seconds to 2 minutes</p>	<p>Possible short-term period of weakness or loss of sensation</p> <p>May progress into a tonic-clonic or complex partial seizure</p>	<p>Offer reassurance and assistance</p>
Focal Impaired Awareness (Complex Partial)	<p>Consciousness is impaired</p> <p>Often starts with a blank stare</p> <p>Repetitive purposeless actions, such as: hand wringing, lip smacking, wandering, or nonsensical speech</p> <p>Movements are clumsy or disoriented</p> <p>Usually last 1 to 3 minutes</p>	<p>No recollection of seizure</p> <p>Confusion</p> <p>Fatigue</p> <p>May progress into a tonic-clonic seizure</p>	<p>Speak calmly</p> <p>Gently guide person away from possible hazards</p> <p>Stay with the person until they regain full awareness</p> <p>Don't restrain the person unless essential for safety</p> <p>Offer to call a taxi, friend, or relative to help</p> <p>If full consciousness does not return, call an ambulance</p>

Most seizures end after a few moments or a few minutes. If seizures last for more than 5 minutes, or occur in a series, there is an increased risk of status epilepticus - a continuous state of seizure. This is a medical emergency and an ambulance must be called.

As in all medical situations, stay calm in order to best assess the situation and to assist the person. Using your common sense and sensitivity is essential.

For more information on seizures, first aid, epilepsy facts, and related issues, please go to the BC Epilepsy Society website at www.bcepilepsy.com

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You can join the BC Epilepsy Society as a member and receive all program and service benefits
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