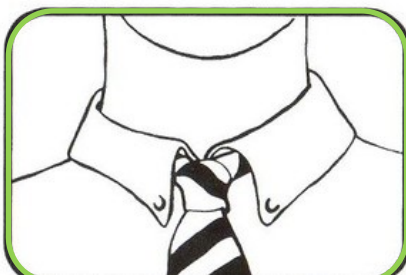


# First Aid for Seizures

(Convulsions, generalized tonic-clonic, grand mal)



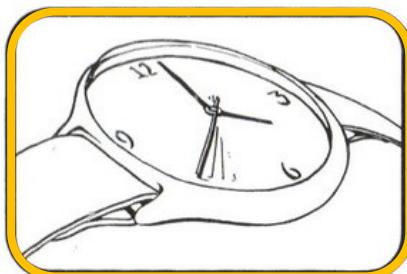
Cushion head,  
remove glasses



Loosen tight clothing



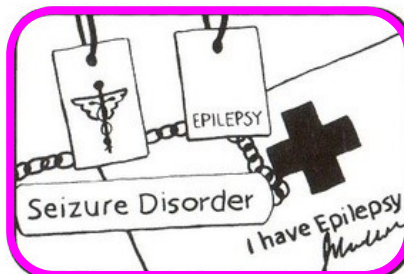
Turn on side



Time the seizure  
with a watch



Don't put anything  
in mouth



Check medical  
forms for instructions



Don't hold down



As seizure ends...



...offer help

# Know What The Different Types of Seizures Look Like



Staring and Unresponsiveness



Confusion



Jerks and Twitches



Wandering



Shaking or Falling



Picking or Lip Smacking