

Generalized Seizure Protocol

Seizures typically do not last more than 60 to 90 seconds. Time the seizure, if you can. If the seizure lasts **longer than 3 minutes** or the person seizing is pregnant, **call 911 or other emergency medical services immediately.**

How to help during a seizure: Protect the person from injury!

- Stay calm. Let seizure take its course.
- Guide the person gently to the floor or prevent person from falling.
- Try to move objects that might injure the person during the seizure.
- If the person is seizing on the ground, put something soft under their head.
- Never insert anything into their mouth (fingers, tongue blade, etc.)
- Do not restrain or hold down the person during seizure; only protect from potential danger or injury.

How to help after a seizure

- Turn the person onto his or her side (left side if possible) so fluid can leak out of the mouth. Check airway – make sure client is breathing.
- Loosen tight clothing around the person's neck and waist – if not possible or crucial during seizure.
- Reorient person in a quiet, calm matter – may be confused or disoriented.
- Stay with person and clear room of extra onlookers.
- Let person rest – may be sleepy afterwards.
- No food or drink until supervisor or medical staff gives the “OK.”

Things to watch for during a seizure

- How the person's body moved.
- Length of seizure activity.
- How the person acted before and after the seizure.
- Injury.