



All Things

First Aid

First Aid For...Seizures

Causes

- Head injury
- Low blood sugar
- Accidental poisoning
- Drug overdose
- Drug interaction
- epilepsy
- Fever (particularly in young children)
- Brain tumor (rare)
- [Meningitis](#)
- Venomous bites and stings - see [snakebites](#) or [spider bites](#)

Symptoms of an attack

- Sudden falling
- Drooling and foaming at the mouth
- Breathing stops temporarily
- Grunting and snorting
- Eye movement
- Uncontrollable muscle spasms and twitching
- Teeth clenching
- Brief blackout period followed by confusion

Early warning signs

Some people will develop warning symptoms before an attack. They can include....

- Nausea
- Sweating
- Fear
- Vertigo
- Visual symptoms



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First Aid for Seizures

- Your main objective is to prevent the person from injuring themselves. Try to prevent a fall, lay them down in a safe area away from sharp objects and furniture.
- Cushion their head.
- Remove or loosen restrictive clothing.
- Turn their head to the side. If vomiting occurs this will reduce the chances of choking.
- DO NOT restrain the person.
- DO NOT place anything between their teeth.
- DO NOT move the person unless they are in danger of hurting themselves.
- DO NOT try and stop the person from convulsing.



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Febrile Seizures

Febrile Seizures are seizures caused by a sudden rise in body temperature (usually above 102 degrees). They are fairly common in children under the age of five.

Febrile seizures are terrifying events for parents to watch fortunately simple febrile seizures are harmless. Parents fear that the seizure will cause death or brain damage. There is no evidence that simple febrile seizures cause death, brain damage, epilepsy, mental retardation, a decrease in IQ, or learning difficulties.

- Leave the child on the floor or on the bed. Place a blanket under the child if they are on a hard surface
- Remove or loosen any tight or restrictive clothing especially around the throat
- Turn the child's head to the side. This is important if there is mucus, saliva or vomit in the mouth
- Apply cool wash clothes to the forehead and neck. Focus on reducing the fever
- Sponge the rest of the body with lukewarm water. DO NOT use cold water or alcohol this can make the fever worse
- After the seizure is over give your child a regular dose of acetaminophen
- DO NOT try and stop or control the seizure
- DO NOT try to give anything by mouth
- DO NOT place anything between the teeth of the child