Seizure Wallet Card

SEIZURE FIRST AID WALLET CARD

You can't stop a seizure once it has started. Your goal is to prevent injury to your family member and then get help. There are four main steps in seizure management = PACE


Step 1 Protect the person from injury
- Clear the area; move furniture and objects out of the way.
- If the person is in a chair or bed and in no danger of falling, leave them there.
- If the person is in a chair or wheelchair and in danger of falling, ease them gently to the floor.
- Do not try to restrain him or her.
- Place a small pillow/towel under their head to protect it from striking anything hard.

Step 2 Airway – Keep the airway open
- Loosen any tight clothing around the neck – neckties, jewelry, etc.
- Turn them way over onto their side; make sure that their nose and mouth aren’t blocked.
- Do not place anything in their mouth.

Step 3 Call for help
- If you are at all uncomfortable in managing the seizure – call 911 for help.
- Most seizures end in less than five minutes. If it lasts more than five minutes, it could be a medical emergency – call 911 for help.
- After the seizure, stay with the person and notify your doctor immediately for further advice.

Step 4 Evaluate the person
- Where did the seizure start – left arm, right leg, etc?
- Did they immediately collapse or did their limbs start shaking first?
- Did they say anything prior to the seizure about strange smells, sights, sounds, tastes, or seeing auras?
- How long did the seizure last?

Physician’s name and Phone #

Medications

---

The content in this document is intended for general informational purposes only and is not a substitute for professional medical advice or treatment for specific medical conditions. No professional relationship is implied or otherwise established by reading this document. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Many of the resources referenced are not affiliated with Craig Hospital. Craig Hospital assumes no liability for any third party material or for any action or inaction taken as a result of any content or any suggestions made in this document and should not be relied upon without independent investigation. The information on this page is a public service provided by Craig Hospital and in no way represents a recommendation or endorsement by Craig Hospital.