

# Troubleshooting & Preventing Seizures



## Troubleshooting a Seizure:

- Do not restrain a person who is having a seizure.
- Move sharp or dangerous objects out of reach.
- Warn an individual having a complex partial seizure away from danger by calling his/her name in a clear, calm voice.
- Help a person having a grand mal seizure to lie down.
- Loosen tight-fitting clothing.
- Place a soft, flat object like a towel or the palm of a hand under the person's head.
- Do not force a hard object into the mouth of someone having a grand mal seizure; this could cause injuries or breathing problems.
- Turn the individual's head to the side to help him breathe.
- Following a grand mal seizure, tell the person who had the seizure what has happened and remind him where he is.

## Prevention/Safety:

- Eat properly.
- Get enough sleep.
- Control stress.
- Control fevers.
- Avoid flashing lights (strobe lights).
- A person who experiences an aura should find a safe place to lie down and stay there until the seizure passes.
- Anticonvulsant medications should not be stopped suddenly and, if other medications are prescribed or discontinued, the doctor treating the seizures should be notified.
- Wear a Medic-Alert bracelet.
- Shower instead of tub bathe.
- Never swim alone.
- Avoid rough contact sports.
- Speak with your physician regarding the operation of any motor vehicle.
- Speak with your physician if you have questions about the use of stimulants like nicotine and caffeine.