

# Seizures

## What is it?

Abnormal electrical activity in the brain.

## What causes it?

- Epilepsy
- Head injuries
- Low blood sugar
- Heat-related injuries
- Poisoning
- Cardiac Arrest

## Signs/Symptoms:

**Seizure symptoms may differ from person to person.**

- Loss of muscle control
- Fall to the ground
- Stop responding

- Jerking movements of the arms, legs, or other parts of the body
- Glassy-eyed stare

## **Plan of Action:**

### **During:**

- Move furniture or other objects out of the way to prevent injury
- Place something soft under the person's head
- Never hold the person down or put anything in their mouth

### **After:**

- Check if the person is responsive and breathing
- Stay with them until medical help arrives
- If the person is having trouble breathing because of vomiting or fluids in their mouth, roll them onto their side
- If they are unresponsive and not breathing normally or are only gasping, start CPR and call 911
- If they have injured themselves, give first aid