



# What to Do If Someone You Care For Has a Seizure

The Lurie Center for Autism can help you manage the seizure disorder of someone you care for. If they have a seizure or something that looks like a seizure, answer the questions on this handout.

**Call 911 if the seizure does not stop, the person has trouble breathing, if they are hurt or do not wake up.**

## What to do during the seizure

- Stay calm and track the time. Make sure the person is safe before answering the questions on this handout.
- Stay with the person until the seizure stops or until they are awake again.
- Keep the person upright or on their side. Do not restrain them or put anything in their mouth.
- If the person is about to fall, lower them onto a chair or the ground.

## What to do after the seizure

- If this is the person's first seizure, are having trouble breathing or have hurt themselves, call 911.

## Possible seizure triggers (causes)

Not sleeping enough, fatigue, fever, vomiting, diarrhea, constipation, viral illness or infection, missed doses of anti-seizure medications, menstrual periods (in girls and women)

### 1. IS THIS THE PERSON'S FIRST SEIZURE THAT YOU KNOW OF?

Yes      No

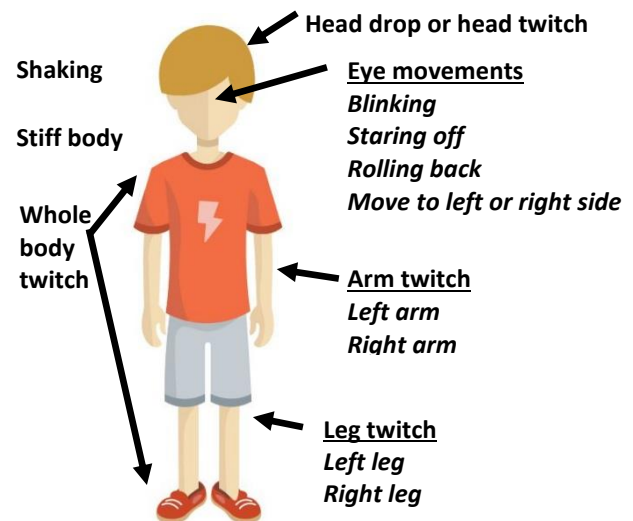
If **yes**, go to question 2. If **no**, answer the following questions:

- When was the last seizure? \_\_\_\_\_
- What do the seizures usually look like?  
\_\_\_\_\_  
\_\_\_\_\_
- What was different about this seizure?  
\_\_\_\_\_

### 2. ANSWER THESE QUESTIONS ABOUT THE SEIZURE.

- How long did the seizure last? \_\_\_\_\_
- What time did the seizure happen? \_\_\_\_\_
- When was the person's last anti-seizure medication dose? \_\_\_\_\_
- When is the next dose? \_\_\_\_\_
- Did the person hurt themselves during the seizure? If yes, how so? \_\_\_\_\_
- Did the person fall asleep or become very drowsy after the seizure? If yes, for how long?  
\_\_\_\_\_
- Did you notice any warning signs of the seizure before it happened?  
Yes      No  
If yes, what did you notice?  
\_\_\_\_\_  
\_\_\_\_\_

### 3. CIRCLE ALL THE PERSON'S SEIZURE SYMPTOMS.



Graphic courtesy of Piktochart®