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.

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.

   - Head drop or head twitch
   - Eye movements
     Blinking
   - Staring off
   - Rolling back
   - Move to left or right side
   - Shaking
   - Whole body twitch
   - Arm twitch
     Left arm
     Right arm
   - Leg twitch
     Left leg
     Right leg

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?
     __________________________________________

   - Stiff body
   - Shaking
   - Whole body twitch

   Graphic courtesy of Piktochart®