

Get Ready to Provide Care for Youth with Seizure Clusters Outside of the Hospital Setting

1

Know the facts

- Seizure clusters
 - Are defined as seizures happening more often or in a different pattern than usual
 - May result in injuries, emergency room visits, and time lost from school
 - May progress into status epilepticus, which can be life-threatening
- New rescue therapies are available to treat seizure clusters

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Brush up on seizure first aid

- **Remember STAY — SAFE — SIDE** (see next page; print and post)
- Know when to call 911
- Do not put any objects in the mouth or restrain the person
- Give rescue therapy if prescribed; follow instructions in the Seizure Action Plan

3

Make a Seizure Action Plan

- Every person with epilepsy should have an individualized Seizure Action Plan
- Families with a Seizure Action Plan are better prepared to use rescue therapy
- Review and update the Seizure Action Plan at least yearly, or when seizures or treatments change
- Seizure Action Plans in different languages can be downloaded at [epilepsy.com](https://www.epilepsy.com/seizureactionplans.org) or [seizureactionplans.org](https://www.seizureactionplans.org)

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Know how to give seizure rescue therapy

- FDA-approved rescue therapies are
 - Benzodiazepine medications
 - Given to stop seizure clusters or seizures that last longer than usual
 - Used to prevent seizure emergencies
 - Selected according to age, weight, route of administration, medical condition(s), patient/caregiver preferences, and other factors

FDA-approved rescue therapies

Medication	Age indication	Dose based on patient age and weight
Diazepam rectal gel (Diasat AcuDial)	≥ 2 years	Yes
Midazolam nasal spray (Nayzilam)	≥ 12 years	No
Diazepam nasal spray (Valtoco)	≥ 6 years	Yes

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Prepare others to respond

- **Teach** seizure first aid
- **Help** people with epilepsy and caregivers create a Seizure Action Plan
- **Demonstrate** how to follow a Seizure Action Plan and use prescribed rescue therapy

Seizure First Aid

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure.

- ✓ **Time** the seizure
- ✓ Remain **calm**
- ✓ Check for **medical ID**



2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head



Call
911
if...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

Do
NOT

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
 - ▶ **Rescue medicines can be given** if prescribed by a health care professional

Learn more: epilepsy.com/firstaid



epilepsy.com

24/7 Helpline: 1-800-332-1000

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