# Seizure Identification Chart

For all seizures: Stay calm and note length and description of seizure.

<table>
<thead>
<tr>
<th>Type</th>
<th>What Seizures Look Like</th>
<th>What to Do</th>
<th>What Not to Do</th>
</tr>
</thead>
</table>
| **Generalized Tonic** | *Aura-feeling that seizure is about to begin  
*Fall to ground with loss of consciousness  
*Tonic phase-stiffening of body and limbs  
*Clonic phase-jerking of body and limbs  
*May have shallow breathing and skin may be slightly blue  
*Usually lasts 1-2 minutes  
*After seizure, student may be tired, confused, and may need to rest | *Stay calm and guide to floor  
*Protect head from injury  
*Place student on side to keep airway open  
*Note the time  
*Loosen collar and clothing  
*Clear the area  
*Call nurse or health clinic assistant  
*Follow physician’s instructions on reserve side of this page  
*Stay with the student until seizure is over; reassure him/her  
*Inform family  | *Never put anything in mouth  
*Do not start artificial respiration |
| **Clonic** (Grand Mal)|                                                                                       |                                                |                                                  |
| **Absence** (Petite Mal) | *Looks like blank stare/ daydreaming or not paying attention  
*Blinking, eye rolling or chewing  
*Lasts only a few seconds and student is unaware | *No first aid is needed  
*If number and frequency increase, parent should notify physician  
*Inform family |                                                  |
| **Complex Partial** (Psychomotor, Temporal Lobe) | *Blank stare, disoriented, confused  
*Repetitive movements such as chewing, lip smacking, picking at clothes  
*May wander and will not respond  
*Lasts several seconds to a few minutes  
*No memory of the event  
*Seizure may be confused with drugs or alcohol use, mental illness, or misbehavior | *Speak calmly and reassure student  
*Guide away from dangerous objects  
*Stay with person until responsive again  
*Call nurse or health clinic assistant and follow physician’s instructions on reverse side of page  
*May need to rest for a short time  
*Inform family | *Do not restrain  
*Do not shout or expect verbal instructions to be followed |
| **Other Seizure Types** |                                                                                       |                                                |                                                  |
| **Simple Partial** | *Sudden jerks that can't be stopped in one part of body, may not lose consciousness | *No first aid needed  
*Follow physician’s instructions on reverse side of page  
*Inform family |                                                  |
| **Atonic** | *Sudden loss of consciousness and falling |                                                |                                                  |
| **Myoclonic** | *Local jerks, a local sensation  
*Cluster of quick sudden jerks |                                                |                                                  |
| **Infantile Spasms** |                                                                                       |                                                |                                                  |

Refer to Physician’s Section on reverse side for specific action for this student.