



Thank You for Downloading the Ultimate Seizure First Aid Cheat Sheet

5 Types of Seizures Explained

- ★ Absence ★ Tonic-Clonic
- ★ Focal ★ Myoclonic ★ Atonic

Format: High-resolution PDF (Digital Download) Pages: 2



ABSENCE SEIZURES

Can be mistaken for day-dreaming or zoning out

Recognize the signs



Brief **loss** of awareness



Staring, blinking
Eyelid **flutter**
Upward **eyeroll**



Lip **smacking**
Chewing movements

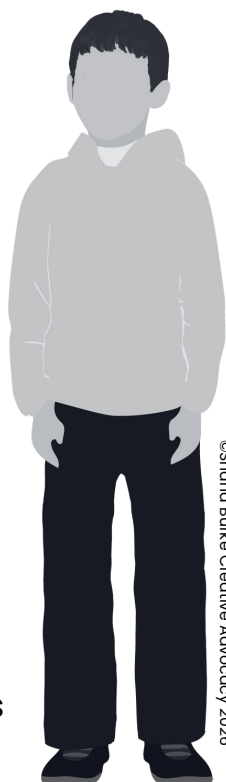


Sudden **stop** of activity
Standing **still**
Little to **no** movement



Finger rubbing/picking
Slight **hand** movements

- They may automatically go back to normal or show momentary confusion before going back to normal.
- Seizures start and end abruptly- lasting less than 20 seconds. Seizure can be hard to spot.
- May lose control of bladder during seizure.



©Shana Burke Creative Advocacy 2026

FOCAL SEIZURES

May be fully aware or have impaired awareness

Recognize the signs



Loss of memory, **confusion**
Awareness full or impaired



Staring, **blinking**
Involuntary eye movements
Visual disturbances/**aura**



Lip smacking
Chewing movements



Tremors, **jerking** of limbs
Automatic **movements**
Paralysis on one side of the body



Nausea/**stomach** sensations
Sensations of fear or **hallucinations**
Unusual behavior/**sensory** changes

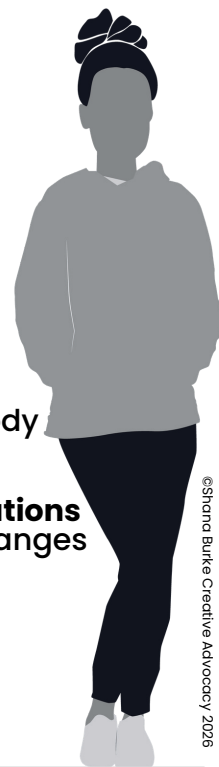


Picking at clothing
Repetitive **movements**



Speech issues/difficulties

- Seizures are brief- anywhere from a few seconds to 2 minutes.
- Focal seizures are seizures that start in one part of the brain.
- It can cause abnormal movements, changes in awareness, or sensory disturbances. Changes in control of bowel or bladder function.



©Shana Burke Creative Advocacy 2026

TONIC CLONIC SEIZURE

"Grand Mal Seizure"
2 phases, may last 1-3 minutes or more.

Recognize the signs



Loss of consciousness
Memory loss, **no awareness**



Fall risk
Stiffening muscles, jerking limbs
Violent muscle **contractions**



Eyes may appear **wide open**
Rapid blinking/pupil changes
Roll **upwards** or sideways



Biting tongue, inside of cheek
Jaw clenching



Breathing may briefly **stop**
Irregular breathing



Consciousness returns **slowly**
Confusion, **drowsiness**
Agitation



Nauseated, headache
Need for **sleep** afterwards

- Stage 1: **Tonic Stage** - consciousness is lost as the body goes stiff, and may fall to the floor.
- Stage 2: **Clonic Stage** - the limbs start to jerk, may lose control of bladder or bowel, as well as biting the tongue or the inside of the cheeks. There might be difficulty in breathing.



©Shana Burke Creative Advocacy 2026

MYOCLONIC SEIZURE

May be mistaken for tics, tremors or clumsiness. Brief episodes.

Recognize the signs



No loss of Awareness
No change in **normal** activity **after** seizure



Ranges from **mild** twitch to **forceful** jerking movements
Can cause loss of **balance**/dropping objects



Can feel like **minor** electric **shock**
Can occur on their own or in **clusters**

- Can affect speech and mobility depending on severity and type.
- Lasts no longer than a few seconds.

ATONIC SEIZURE

Known as drop seizures

Recognize the signs



Brief loss of consciousness



Loss or decrease of normal **muscle** tone
Falling to the ground or head **drop** if sitting.
Causes the person to **slump** or fall.

- Lasts no longer than 15 seconds.
- High risk for injury.
- Head nodding, drooling, or confusion after the seizure.

FIRST AID

Recognize the signs

- Blank Staring
- Fumbling with Hands
- Chewing Motions
- Shaking or Tremors
- Wandering Around
- Confused Speech
- Loss of bladder control
- Sudden Stop of Activity
- Absence: 5-30 seconds
- Focal: up to 2 minutes

Focal/Absence Seizure **NEVERS**

- Grab or restrain (unless in sudden danger).
- Leave person alone.
- Shout out to startle/scare.
- Give oral medications, food, or water until they are alert.

©Shana Burke Creative Advocacy 2026



Take Action

- Time the seizure.
- Speak calmly, stay calm.
- Reassure their safety.
- Don't grab, hold, restrain.
- Block hazards.
- Gently guide around hazards.
- Stay with until fully recovered.
- Explain to others for safety.

When to call 911

Most absence and focal seizures are not an emergency but these situations call for 911:

- It's longer than 5 minutes.
- Seizures clustered together with no recovery in between.
- Trouble breathing or waking up after the seizure.
- Injury occurs during seizure.
- Seizure happens in water.
- It's a first time seizure.
- The person is pregnant.
- Has a health condition like diabetes or heart disease.
- When in doubt always call 911.

Focal/Absence Seizures can be confused with

- Mental Illness
- Behavioral issues
- Stroke
- Intoxication
- Inattention/daydreaming

FIRST AID

Recognize the signs

- Cry out and Fall
- Loses Consciousness
- Stiffening of the body
- Arching of back
- Limbs jerking rapidly
- Muscle convulsions
- Groaning sounds
- Gaspings sounds
- Incontinence
- Breathing issues
- Lasts 1-3 minutes

Great job keeping our friend safe! Our friend is recovering and will be okay.



Tonic - Clonic **NEVERS**

- Hold a person down.
- Try to stop movements.
- Leave alone until recovered.
- Put anything into their mouth.
- Hold down their tongue.
- Give oral medications, food, or water until they are alert.

When to call 911

- Seizure- longer than 5 min.
- Trouble waking up.
- Trouble breathing.
- Injury occurs during seizure.
- Seizure happens in water.
- The person is pregnant.
- It's a first time seizure.
- Has a serious health condition.
- When in doubt always call 911!

Tonic - Clonic Seizures

The Recovery Position

A person who's unconscious but breathing should be put in the recovery position to keep their airway open and prevent choking.

- Lay Flat**
Straighten arms & legs on the floor
- Position Arms**
Tuck the nearest hand to opposite shoulder
- Extend**
the other arm out
- Bend Knee**
Lift the nearest leg until the foot is flat.
- Roll Over**
Push by shoulder & knee to roll person onto their side.
- Secure**
Ensure airway is open with the hand under the chin to support the head.

Continuously assess their breathing status.

If they suddenly stop breathing, **START CPR! CALL 911**

WHEN IN DOUBT ALWAYS CALL 911!

This information is provided for educational purposes only and does not constitute medical advice. Always seek the advice of a qualified healthcare professional for any health concerns or before taking any action regarding your health. In case of a medical emergency, call 911 immediately.

©Shana Burke Creative Advocacy 2026

Virtual Assistance

creative
Shan
Burke
advocacy

Affordable support for organizations serving people & communities



THE "AS-NEEDED" BASKET



\$250 one time payment
10 hours of flex support
(Valid for 3 months)

- ✓ Administrative & clerical tasks
- ✓ Seasonal prep/events assistance
- ✓ Design & layout of email & newsletter templates
- ✓ One-off classroom or home resource creation
- ✓ Design of social stories, visual schedules & aids.

Resources are for personal, classroom, or single-practice use only; commercial resale or redistribution is not allowed.

[Learn More](#)



THE "ONGOING SUPPORT" PLAN



Starting at **\$125–\$1000** per month
5–40 hours of personalized
support per month

- ✓ A fully customizable blend of admin and operational support
- ✓ Program, event, and volunteer coordination
- ✓ Inbox, calendar, and document management
- ✓ Community communications, website, & social media updates
- ✓ HR, and onboarding assistance, and staff correspondence
- ✓ Design & layout of email & newsletter templates

Resources are for personal, classroom, or single-practice use only; commercial resale or redistribution is not allowed.

[Learn More](#)





Hello!



I'm so happy you stopped by!
My name is Shana, I am a
paraeducator, a certified special
education advocate, and a
neurodivergent mom to three
awesome neurodivergent children.

I am also a lover of all puns and an
avid coffee drinker. I hope you enjoy
these resources.

I sincerely appreciate your support!

Thank you! *Shana Burke*

Please visit my website for more resources, blog,
information and upcoming freebies!

 www.shanaburke.com





Terms of use

(I saved the boring stuff for last.)

- Purchase/Download of this product entitles the purchaser to reproduce the pages for a single classroom/home use only.
- Please do not duplicate this product for your friends, colleagues, grade level, or school without purchasing the correct number of additional licenses for them.
- This product is the intellectual property of Shana Burke Creative Advocacy, and is protected by copyright law.
- Please do not claim this product as your own work.
- Selling any part of this resource or sharing it for free is not allowed.
- Posting any part of this resource on the internet is strictly prohibited and is a violation of the Digital Millennium Copyright Act (DMCA).

Licensing option

Licensing & Bulk Purchase Options

- Flexible licensing options for schools, districts, and educational organizations to support legitimate multi-classroom use.
- For detailed information about bulk licensing options, please contact me directly at shana@shanaburke.com.
- License Terms: Each license is non-transferable. Redistribution or file sharing outside of the licensed group is strictly prohibited.
- For custom agreements or multi-district arrangements, please reach out via email. Thank You!

Medical disclaimer

Any medical information is provided for educational purposes only and does not constitute medical advice. Always seek the advice of a qualified healthcare professional for any health concerns or before taking any action regarding your health. In case of a medical emergency, call 911 immediately.