When providing seizure first aid for generalized tonic clonic (gran mal) seizures, these are the key things to remember:

- Keep calm and reassure other student who may be nearby
- Do not hold the person down or try to stop his movements. Loosen tight clothing (around the neck).
- Observe and time the seizure with your watch
- Clear the area around the person of anything hard or sharp (protect the student’s head and remove eyeglasses).
- Do not try to force the mouth open with any hard implement or with fingers. A person having a seizure cannot swallow his tongue. Efforts to hold the tongue down can injure the teeth or jaw.
- Turn him or her gently on one side. This will help keep the airway clear.
- Stay with the person until the seizure ends naturally.
- After the event, reorient the student to the surroundings and provide a comfortable, safe and supervised place to rest, if needed.
- Be friendly and reassuring as consciousness returns.
- If the affected person is a child, notify parents or other person responsible at the time of the seizure.

A Seizure is considered an emergency (call 911 EMS & parent) when:
Convulsive (tonic-clonic) seizure lasts longer than 5 minutes
Student has repeated seizures without regaining consciousness
Student is injured or has diabetes
Student has a first time seizure
Student has breathing difficulties

In the school setting, follow the seizure action plan in the child’s health record. If an action plan is not present, refer to the health aide for follow-up.