A seizure is a sudden, uncontrolled electrical disturbance in the brain, which can cause changes in your behavior, movements or feelings, and levels of consciousness.

**General warning signs of a seizure may include**
- Staring
- Jerking movements of the arms and legs
- Loss of awareness or consciousness
- Not responding to noise or words for brief periods
- Loss of bowel or bladder control
- Stiffening of the body

**After the seizure, the patient may seem sleepy or confused**

**Some possible seizure triggers**
- Stress
- Fever or acute medical illness
- Tiredness or lack of sleep
- Bright and flashing lights
- Not taking medicine as prescribed

**Triggers can differ from person to person, and some people may have no known triggers**

Remember to refer to your facility’s protocol indicating how to respond to suspected seizure activity and how to document the event.

This educational tool is not a substitute for your independent medical judgment.

**References:**