

Provided by the Epilepsy Foundation of America

SEIZURE FIRST AID

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure — be sure to **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 — be sure to keep **airway** clear

- **Loosen tight clothes** around neck
- Put **something small and soft** under the head

Continued on the back

Seizure first aid continued

- CALL 911 IF**
- Seizure lasts longer than 5 minutes
 - First time seizure
 - Difficulty breathing
 - Person does not return to their usual state
 - Repeated seizures
 - Seizure occurs in water
 - Person is injured, pregnant, or sick

- DO NOT**
- Put any objects in their mouth
 - Restrain

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