Seizure First Aid
How to help someone having a seizure

1. STAY with the person until they are awake and alert after the seizure.
   ✓ 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.
   ✓ Keep airway clear
   ✓ Loosen tight clothes around neck
   ✓ Put something small and soft under the head

Do NOT

Do NOT restrain.

Do NOT put any objects in their mouth.

✓ Rescue medicines can be given if prescribed by a health care professional

Call 911 if...

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

Learn More and Register for Training: epilepsy.com/firstaid

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