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



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

Do **NOT**

- X Do **NOT** restrain.
- X Do **NOT** put any objects in their mouth.
 - ✓ Rescue medicines can be given if prescribed by a health care professional

Learn more: epilepsy.com/firstaid



epilepsy.com

24/7 Helpline: 1-800-332-1000