# Seizure First Aid 

How to help someone having a seizure

STAY with the person until they are awake and alert after the seizure.
$\checkmark$ Time the seizure $\checkmark$ Remain calm $\checkmark$ Check for medical ID


Keep the person SAFE.
$\checkmark$ Move or guide away from harm


Turn the person onto their SIDE if they are not awake and aware. $\checkmark$ Keep airway clear
$\checkmark$ Loosen tight clothes around neck
$\checkmark$ Put something small and soft under the head


# Call <br> 911 <br> if... 

- Seizure lasts longer than 5 minutes
- Repeated seizures
- First time seizure
- Difficulty breathing
- Seizure occurs in water
$x$ Do NOT restrain.
$x$ Do NOT put any objects in their mouth.
$\checkmark$ Rescue medicines can be given if prescribed by a health care professional


## Learn more: epilepsy.com/firstaid

