	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

This publication was created by the Epilepsy Foundation, a nationwide network organization, and is part of our END EPILEPSY[®] awareness campaign. This publication is made possible with funding from the Centers for Disease Control and Prevention (CDC) under cooperative grant agreement number 1NU58DP006256-04-00. Its contents are solely the responsibility of the Epilepsy Foundation and do not necessarily represent the views of the CDC. EFA440/PAB0220 Rev. 02/2020 ©2020 Epilepsy Foundation of America, Inc.