

# 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

**Provided by the Epilepsy Foundation of America**