# Seizure First Aid

How to help someone having a seizure

## 1. STAY

- **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

- Restrain.
- Put any objects in their mouth.

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