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
- Restrain.
- Put any objects in their mouth.
- Rescue medicines can be given if prescribed by a health care professional

Learn More and Register for Training: epilepsy.com/firstaid

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