Seizure First Aid
How to help someone having a seizure

Stay with the person until they are awake and alert after the seizure.
✓ Time the seizure
✓ Remain calm
✓ Check for medical ID

Keep the person safe.
✓ Move or guide away from harm

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 restrains.
Do not put any objects in their mouth.
✓ Rescue medicines can be given if prescribed by a health care professional

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