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**

- Do **NOT** restrain.
- Do **NOT** put any objects in their mouth.
  - Rescue medicines can be given if prescribed by a health care professional

Learn More and Register for Training: epilepsychicago.org/education