# 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: [epilepsy.com/firstaid](http://epilepsy.com/firstaid)

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