

Seizure First Aid

How to help someone having a seizure

Heit'áago bika'ajilwo' háidida bich'i' hwodii'náahgo Ná'iich'ahji ditsxiz yileehgo

1

STAY with the person until they are awake and alert after the seizure.

- ✓ Time the seizure
- ✓ Remain **calm**
- ✓ Check for **medical ID**



Háidida bich'i' hwodii'náahgo Ná'iich'ahji ditsxiz yileehgo doo t'óo bits'áa' dashdiilyeeda, t'áa bíjísdaagobik'íjídéez'íí'go háa'áldíihgo doo hazhó'ó hasht'e'ninádaahgo íinída

- ✓ Hashínizáadgo ahwít'éhígíí Ná'iich'ahji ditsxiz' bik'iyil dohágíí bikáa'ájiit'íih
- ✓ Hwó éiyá doo hwił'áhádíihda dóo doo hwiłdeh áhwo dooníłda
- ✓ Ná'iich'ahji ditsxiz nadleehgo bee'ééhwozínígíí daats'í ła' bee hwóló dóo ła' baah dasi'áh

2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



Háidida ahwít'íihgo hazhó'ó baa'áhwojilyáale

- ✓ Bádahadzidígíí bits'aa hwójíł'íigo baa'áhwoji lyáale

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



Bil ch'aahwólóogo éi doo dagó doo déiz'íí'go éiya booshk'iizhígo bijinilt'ééh.

- ✓ Nididzihgo bidáyi'góyaa ch'ihwonít'i'go íinísín
- ✓ Bik'os binaagó bi'éé' ádoó baah bineestxihgóh dóo ádoó baah nídoní ájiit'íih.
- ✓ Haat'íidida alts'isigíí dóo doo nitl'izígíí bitsii'áál ájiit'íih.

Nahast'ei, T'aala'á, T'aala'á bich'i' hwodíilni:

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

- ▶ Hashdla' dahalzhin ałhéé'íłkidgo t'áa ditsxizgo doo ne' hwónééhgóoh
- ▶ Háidida bich'i' hwodiiz'náa'ágíí łahgo át'éego
- ▶ Háidida bich'i' hwodiiz'náa'ágíí atédzaago, awée bitsáadi hwólóogoda, éídoodagó nałnih bee hwólóogoda
- ▶ T'áa niléidei' t'áa ahwínát'íih nít'ęę'go Ná'iich'ahji ditsxiz náánádleehgo
- ▶ T'óo altséedi ahwít'íihgo Ná'iich'ahji ditsxiz yileehgo
- ▶ Nídídzhígíí nanit'ah yileehgo
- ▶ Ná'iich'ahji ditsxiz yileehgo tó biyi' ahwít'íihgo

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

✗ Doo éi t'áa' éídoodagó yaago jóta'da

✗ Doo éi haat'íidida bizée' aji'aahda

- ✓ Azee' íłł'iníjii bits'áadéi' azee' choyidooł'íłgo éiya t'áa'ákoł

Learn More and Register for Training: epilepsy.com/firstaid
Díłla' bónáahadiish'áál nínízingo éiyá kw'e'é biká'ádíłíłł: epilepsy.com/firstaid



24/7 Helpline: 1-800-332-1000