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** restrain.

**Do NOT** put any objects in their mouth.

- **✓ Rescue medicines can be given** if prescribed by a health care professional

**Do NOT** KOSAP

- **X KOSAP amwochu ika amwochatiw**
- **X KOSAP uwounong metoch non awan**
  
  En mi tongeni ngeni safean aninnis an na semwen ika pwun ekena safei me ren emon neun doctor

Ren pwan ekoch porous fengen me om kpwe rechister ren pekin kaeo: epilepsy.com/firstaid

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