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

Learn More and Register for Training: epilepsy.com/firstaid

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

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