

# Seizure First Aid

How to help someone having a seizure

# Fesoasoani Muamua o le Ma'i Oso

Faapefea ona fesoasoani i se isi o oso lona ma'i

# 1

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

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



NOFO ma le tagata se'ia te'i mai i luga ma ua iloa se mea pe a uma ona oso le ma'i.

- ✓ Tau le taimi na oso ai le ma'i
- ✓ Ia to'a
- ✓ Siaki mo se ID faafoma'i

# 2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



Ia SAOGALEMU le tagata.

- ✓ Ave ese pe taitai ese mai se mea e ono lavea ai

# 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



FAATAFA le tagata pe afai e le'o malamalama ma iloa se mea.

- ✓ Ia 'aua nei punitia le ala'ea
- ✓ Faalusi ofu ia 'aua nei fufusi i le ua
- ✓ Tu'u se mea laitiiti ma galemulemu i lalo o le ulu

## Call 911 if...

Vili le 911 pe afai ...

- ▶ 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
- ▶ E silia i le 5 minute le ma'i oso
- ▶ Ua lē toe foi le tagata i lona tulaga Masani
- ▶ Ua manu'a, o lo'o ma'itaga, pe ua ma'i le tagata
- ▶ Ma'i oso soso'o
- ▶ Ma'i oso mo le taimi muamua
- ▶ Faigata ona mānava
- ▶ Oso le ma'i i totonu o le vai

## Do NOT 'AUA

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
- ✓ **Rescue medicines can be given** if prescribed by a health care professional
- ✗ 'Aua nei taofia
- ✗ 'Aua nei tuua ni mea i totonu o le gutu
- ✓ E mafai ona tuuina atu vailaau mo togafitiga lavea'i pe afai na faatonuina e se foma'i poo se tagata poto faapitoa tau soifua maloloina

Mo nisi faamatalaga: [epilepsy.com/firstaid](http://epilepsy.com/firstaid)



Saunia ma le fa'aaloalo  
Epilepsy Foundation Hawaii  
808-528-3058  
[www.epilepsyhawaii.org](http://www.epilepsyhawaii.org)  
200 N. Vineyard Blvd., Suite B259  
Honolulu HI 96817

24/7 Laina Fesoasoani: 1-800-332-1000