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: epilepsy.com/firstaid

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