Seizure First Aid
What to do in the event of a seizure

1. STAY with the person until they are awake and alert after the seizure.
   - Start timing the seizure • Remain calm and check for medical ID.

2. Keep the person SAFE.
   Move or guide away from harmful objects.

3. Turn the person onto their SIDE if they are not awake and aware.
   - Don’t block airway, put something small and soft under the head, loosen tight clothes around neck.

Do NOT restrain.

Do NOT put any objects in their mouth.
   - Rescue medicines can be given if prescribed by a health care provider.

Call 911:

- Seizure lasts longer than 5 minutes
- Repeated seizures
- Difficulty breathing
- Seizure occurs in water
- Person is injured, pregnant, or sick
- Person does not return to their usual state
- First time seizure

Visit epilepsy.com/firstaid to learn more