

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** ✓ Follow **Seizure Action Plan**
- ✓ **Rescue medicines can be given** if prescribed by a health care professional



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.

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



epilepsy.com

Epilepsy & Seizures Helpline: 1-800-332-1000 • 866-748-8008 (En Español)