

# Seizure First Aid

How to help someone having a seizure

# Natíntij Thóká Ókiya Ki

Tókhetu tuwá waŋ natíntij haŋtaš él wawókiya

# 1

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

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



Tuwá natíntij haŋtaš isákhíb owánzila úŋ na thóh'aŋl hená kiktá pi na waktápi waštékteló.

- ✓ Natíntij iyéhaŋtu haŋtaš okíčiwa
- ✓ Ablákela iglóniča
- ✓ Ákisniya wíyekiyapi waŋzi iwáŋyaŋka

# 2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



Tuwé waŋ okhóphešniyaŋ awáŋyaŋka.

- ✓ Oškáŋškaŋ naíŋš tuŋwéya úŋthúŋ akhó etáŋhaŋ

# 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



Tuwé waŋ kiktá šni naíŋš abléza šni haŋtaš ičáptaŋptaŋ kič'úŋ.

- ✓ Oníya okáblaya khuwá
- ✓ Thahú ohómni hayápi t'íŋza kiŋ yuóhlaŋaŋ
- ✓ Natá ohláthe táku waŋzí čík'ala na pháŋzela gnáka

## 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

- ▶ Natíntij óhaŋketa oáphe oh'áŋkho záptaŋ óhaŋketa
- ▶ Tuwé waŋ oígluha kíčigli šni
- ▶ Tuwé waŋ úŋthúŋ naíŋš iglúš'aka naíŋš khúza
- ▶ Phiphíya natíntin s'a
- ▶ Natíntin othókaheya
- ▶ Oniya šiča
- ▶ Mní natíntij tókha haŋtaš

## 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

- ✗ **Iyókhišni šni.**
- ✗ **Tuwé waŋ í mahél táku ognáka šni.**
- ✓ Phežúta niya kíčhú okíhi úŋ ogná wičhózani wóawaŋyaŋke waákisniya awásuya haŋtaš

Learn More and Register for Training: [epilepsy.com/firstaid](https://epilepsy.com/firstaid)

Kaúŋspe ki ektá waúŋspe sáŋm na čhažé oígwa: [epilepsy.com/firstaid](https://epilepsy.com/firstaid)



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