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** 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

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