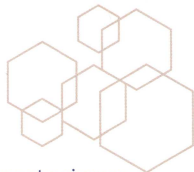


# SEIZURE FIRST AID



## DO:

- Stay calm, do not leave the person alone, most seizures end within 3 minutes
- Keep the person safe, move harmful objects out of the way, guide person to a safe place and assist them to sit or lie down
- Note the time and the length of the seizure
- Remove eyeglasses and loosen restrictive clothing
- Support or cushion their head, position on their side to help them breathe easier
- Talk calmly and reassuringly to the person having the seizure

## DON'T:

- Do not put anything in the person's mouth
- Do not forcibly hold the person down, restraining a person when they are confused can lead to injuries
- Do not panic and ask others to remain calm, a crowd can be embarrassing and cause confusion for a person after a seizure
- Do not give the person food, pills, or water until they are fully alert

## WHEN TO CALL 911:

- A seizure lasts 5 minutes or longer
- One seizure occurs right after another without the person regaining consciousness between seizures
- Breathing becomes difficult or the person appears to be choking
- The seizure occurs in water
- If an injury occurs
- The person asks for medical help



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