Seizure FirstAid

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**
- ✓ **Rescue medications 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 andaware.

- ✓ 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 FOUNDATION MINNESOTA

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

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