# 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**

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

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