

Seizure First Aid

What to do in the event of a seizure

1

STAY with the person and start timing the seizure.
Remain **calm** and check for medical ID.



2

Keep the person **SAFE**.
Move or guide away from **harmful objects**.



3

Turn the person onto their **SIDE** if they are not awake and aware. **Don't block airway**, put something small and soft under the head, loosen tight clothes around neck.

4

Do **NOT** put **anything** in their mouth.
Don't give water, pills, or food until the person is awake.



5

Do **NOT** *restrain*.



6

STAY with them until they are awake and alert after the seizure.
Most seizures end in a few minutes.



Call 911:

- ▲ Seizure lasts longer than 5 minutes
- ▲ Person is injured, pregnant, or sick
- ▲ First time seizure
- ▲ Person does not return to their usual state
- ▲ Repeated seizures
- ▲ Difficulty breathing
- ▲ Seizure occurs in water