SEIZURE FIRST AID
How to help someone having a seizure

1. **STAY** with the person until they are awake and alert after the seizure — be sure to **time** the seizure
   - Remain **calm**
   - Check for **medical ID**

2. Keep the person **SAFE**
   - Move or guide away from **harm**

Turn the person onto their **SIDE** if they are not awake and aware — be sure to keep **airway** clear

3. **Loosen tight clothes** around neck
   - **Put something small and soft** under the head

Continued on the back
Seizure first aid continued

**CALL 911 IF**
- Seizure lasts longer than 5 minutes
- First time seizure
  - Difficulty breathing
  - Person does not return to their usual state
- Repeated seizures
- Seizure occurs in water
- Person is injured, pregnant, or sick

**DO NOT**
- Put any objects in their mouth
- Restrain

Provided by the Epilepsy Foundation of America