SeizureFirstAid

What to do in the event of a seizure

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

Keep the person SAFE.

Move or guide away from harmful objects.

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.

Do NOT put *anything* in their mouth.

Don't give water, pills or food until the person is awake.



Do NOT restrain.



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
- ▲ Repeated seizures
- ▲ Difficulty breathing
- ▲ Seizure occurs in water

- ▲ Person is injured, pregnant, or sick
- A Person does not return to their usual state
- ▲ First time seizure

This publication is made possible with funding from the Centers for Disease Control and Prevention (CDC) under cooperative grant agreement number 1NU58DP006256-02-00. Its contents are solely the responsibility of the Epilepsy Foundation and do not necessarily represent the views of the CDC.



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