

# Seizure First Aid

## 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**

2

Keep the person **SAFE.**

- Move or guide away from **harm**

3

Turn the person onto their **SIDE** if they are not awake and aware.

- 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

- X** Do **NOT** restrain.
- X** Do **NOT** put any objects in their mouth.
- **Rescue medicines can be given** if prescribed by a health care professional

Learn More and Register for Training: [epilepsy.com/firstaid](https://epilepsy.com/firstaid)

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epilepsy.com  
24/7 Helpline: 1-800-332-1000

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