

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