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

✗ Do **NOT** restrain.

✗ Do **NOT** put any objects in their mouth.

✓**Rescue medicines can be given** if prescribed by a health care professional

Learn more: **epilepsy.com/firstaid**

EPILEPSY FOUNDATION | **epilepsy.com**

24/7 Helpline: 1-800-332-1000

This publication was created by the Epilepsy Foundation, a nationwide network organization, and is part of our END EPILEPSY® awareness campaign. This publication is made possible with funding from the Centers for Disease Control and Prevention (CDC) under cooperative grant agreement number 1NU58DP006256-04-00. Its contents are solely the responsibility of the Epilepsy Foundation and do not necessarily represent the views of the CDC. EFA440/PAB0220 Rev. 02/2020 ©2020 Epilepsy Foundation of America, Inc.