

# 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](https://epilepsy.com/firstaid)



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FOUNDATION

[epilepsy.com](https://epilepsy.com)

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

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