SEIZURE FIRST AID POSTER

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

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