



# SEIZURE FIRST AID

- 1 STAY CALM & STAY WITH THE PERSON**  
until seizure has ended and awareness is regained
- 2 MOVE DANGEROUS OBJECTS**
- 3 TIME THE SEIZURE**
- 4 NEVER PUT ANYTHING IN PERSON'S MOUTH AND NEVER HOLD THEM DOWN**
- 5 GUIDE PERSON AWAY FROM DANGER**  
if they are wandering
- 6 TURN PERSON ON SIDE & PLACE SOMETHING SOFT UNDER HEAD**  
if they have fallen to the ground having a convulsive seizure
- 7 LOOK FOR MEDICAL IDENTIFICATION**  
(bracelet, card, etc.)

## CALL 911 IF:

- Seizure lasts longer than 5 minutes or repeats
- Person is injured or seizure occurred in water
- Person is pregnant or has diabetes
- Person does not regain consciousness or has difficulty breathing after seizure has ended
- Person has no ID stating they have epilepsy



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