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

This publication is made possible with funding from the Centers for Disease Control and Prevention (CDC) under cooperative grant agreement number 1NU58DP006256-02-00. Its contents are solely the responsibility of the Epilepsy Foundation and do not necessarily represent the views of the CDC.

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