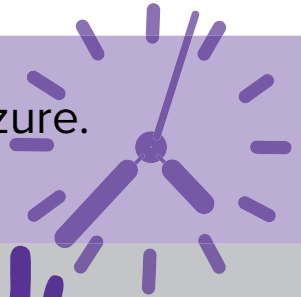


# SeizureFirstAid

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

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