STAY with the person until the seizure ends.

Keep the person SAFE and start timing the seizure.

Turn the person on their SIDE if they start convulsing or are not awake.

CALL 911
- If the seizure lasts longer than 5 minutes
- If another seizure starts or the person is injured or in distress

☐ Do NOT hold someone down or restrain them
☐ Do NOT put anything in their mouth

Simple Seizure First Aid. STAY. SAFE. SIDE.

Learn more at: ENDEPILEPSY.ORG

DETAILED SEIZURE FIRST AID
STAY with the person until the seizure ends • Remain calm • Check for medical ID • Keep the person SAFE • Move nearby hazards and guide them away from danger • If the person starts convulsing, is not awake, or can't respond, ease them to the ground • Turn the person on their SIDE and continue to make sure they are SAFE • Loosen anything tight around their neck • Put something soft under their head • Time the seizure • Most seizures end in a few minutes and don’t need emergency medical help • STAY with them until they are awake and alert • After the seizure, reassure the person and explain what happened • Offer to call someone for them • CALL 911 if the seizure lasts longer than 5 minutes • CALL 911 if the seizure repeats or breathing is difficult • CALL 911 if seizure happens in water • CALL 911 if person is injured, pregnant, sick or does not return to full awareness • Do NOT hold someone down or restrain them • Do NOT put anything in their mouth.