

# SEIZURE FIRST AID STARTS WITH USING YOUR BRAIN

**STAY**

**STAY** with the person until the seizure ends.

**SAFE**

Keep the person **SAFE** and start timing the seizure.

**SIDE**

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](https://www.enepilepsy.org)



**ENDEPILEPSY**

## **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.