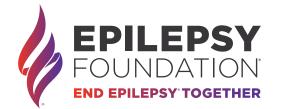
	Seizure First Aid How to help someone having a seizure
1	STAY with the person until they are awake and alert after the seizure. / Time the seizure / Remain calm / Check for medical ID
2	Keep the person SAFE. Move or guide away from harm
3	Turn the person onto their <b>SIDE</b> if they are not awake and aware. ✓ Keep <b>airway clear</b> ✓ <b>Loosen tight clothes</b> around neck ✓ Put <b>something small and soft</b> under the head
Call <b>911</b> if	<ul> <li>Seizure lasts longer than 5 minutes</li> <li>Person does not return to their usual state</li> <li>Person is injured, pregnant, or sick</li> <li>Repeated seizures</li> <li>First time seizure</li> <li>Difficulty breathing</li> <li>Seizure occurs in water</li> </ul>
Do NOT	<ul> <li>X Do NOT restrain.</li> <li>X Do NOT put any objects in their mouth.</li> <li>✓ Rescue medicines can be given if prescribed by a health care professional</li> </ul>

## Learn more: epilepsy.com/firstaid



## Provided Courtesy of Epilepsy Foundation Los Angeles Helpline: 800.564.0445 EpilepsyLosAngeles.org

This publication was created by the Epilepsy Foundation, a nationwide network organization, and is part of our END EPILEPSY<sup>\*</sup> awareness campaign. This publication is made possible with funding from the Centers for Disease Control and Prevention (CDC) under cooperative grant agreement number 1NU58DP006256-04-00. Its contents are solely the responsibility of the Epilepsy Foundation and do not necessarily represent the views of the CDC. EFA440/PAB0220 Rev. 02/2020 ©2020 Epilepsy Foundation of America, Inc.