	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 SIDE if they are not awake and aware. ✓ Keep airway clear ✓ Loosen tight clothes around neck ✓ Put something small and soft under the head
Call 911 if	 Seizure lasts longer than 5 minutes Person does not return to their usual state Person is injured, pregnant, or sick Repeated seizures First time seizure Difficulty breathing Seizure occurs in water
Do NOT	 X Do NOT restrain. X Do NOT put any objects in their mouth. ✓ Rescue medicines can be given if prescribed by a health care professional

Learn more: epilepsy.com/firstaid



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

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