

FIRST AID FOR SEIZURES



- 1 STAY CALM.** Let the seizure take its course.
- 2 TIME** the seizure.
- 3 PROTECT FROM INJURY.** If necessary, ease the person to the floor. Move hard or sharp objects out of the way. Place something soft under the head.
- 4 LOOSEN** anything tight around the neck. Check for medical identification.
- 5 DO NOT** restrain the person.
- 6 DO NOT** put anything in their mouth. It is impossible for the person to swallow their tongue.
- 7** Gently **ROLL** the person onto their side when the convulsions have stopped, after making sure they are breathing to allow saliva and other fluids to drain from the airway.
- 8** If the seizure is still ongoing after 5 minutes, you must **TAKE ACTION** to prevent the seizure from evolving into a more severe condition. Call 911.
- 9** If the person has a nonconvulsive seizure, stay with them to prevent injury. Don't try to wake them up, just let the seizure proceed normally.

AFTER THE SEIZURE

Talk to the person reassuringly. Do not leave until the person is reoriented. The person may need to sleep or rest.