

First aid for seizures

1. Ease the person to the floor.
2. Turn the person gently onto one side. This will help the person breathe.
3. Clear the area around the person of anything hard or sharp. This can prevent injury.
4. Put something soft and flat, like a folded jacket, under his or her head.
5. Remove eyeglasses.
6. Loosen ties or anything around the neck that may make it hard to breathe.
7. Time the seizure. Call an ambulance if the seizure lasts longer than 5 minutes.
8. Stay with the person until the seizure ends and they are fully awake. After it ends, help the person sit in a safe place. If the person is not responding for more than 5 minutes after the seizure ends, call an ambulance.
9. Once they are alert and able to communicate, tell them what happened in very simple terms.
10. Comfort the person and speak calmly.

Do I call an ambulance?

Seizures do not usually require emergency medical attention. Only call an ambulance if one or more of these are true:

- The person has difficulty breathing or waking after the seizure.
- The seizure lasts longer than 5 minutes.
- The person has difficulty breathing or waking after the seizure
- The person has another seizure soon after the first one.
- The person is seriously hurt during the seizure.
- The seizure happens in water.
- The person has a health condition like diabetes, heart disease, or is pregnant.

Stop! Do NOT

Knowing what NOT to do is important for keeping a person safe during or after a seizure.

Never do any of the following:

- Do not hold the person down or try to stop their movements.
- Do not put anything in the person's mouth. This can injure teeth or the jaw. A person having a seizure cannot swallow his or her tongue.
- Do not try to give mouth-to-mouth breaths (like CPR). People usually start breathing again on their own after a seizure.
- Do not offer the person water or food until he or she is fully alert.