



Seizure First Aid:

How To Help Someone Having a Seizure



Keep The Person Safe

- + Move or guide the person away from harm to the floor.
- + Start timing the seizure.
- + Check to see if they have a Medical ID. Most seizures stop within a few minutes.

1



Turn Person Onto Their Side

- + If the person loses consciousness, turn them on their side.
- + Place something soft and small under their head.
- + Keep airway clear - loosen tight clothing around neck.

2



Call 911 if:

- + If seizure is more than 5 minutes or if they repeat.
- + Person has difficulty breathing.
- + Person is pregnant or injured.
- + First-time seizure or it occurs in the water.
- + Person does not return to their usual state.

3



**NEVER RESTRAIN A
PERSON HAVING A
SEIZURE.
DO NOT PUT ANYTHING
IN THE PERSON'S
MOUTH.**

To know more
about MES,
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or visit myepilepsystory.org

seizuretracker.com
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