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, please scan this QR Code:

or visit myepilepsystory.org

seizuretracker.com
be aware. track it.

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