



EPILEPSY & SEIZURES 24/7 HELPLINE

**1.800.332.1000**

en Español 1.866.748.8008

[epilepsy.com/helpline](http://epilepsy.com/helpline)

**Providing HELP, HOPE, and SUPPORT for  
people affected by seizures and the epilepsies**

## SEIZURE FIRST AID: How to help someone having a seizure

- **STAY** until they are aware and alert after the seizure

- Time the seizure
- Remain calm
- Check for medical ID

- **Keep the person SAFE**

- Move or guide away from harm

- **Turn the person on their SIDE** if they are not awake or aware

- Keep airway clear
- Loosen anything 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** restrain

**DO NOT** put any objects in mouth  
(Rescue medication can be given if prescribed)

**Learn more and register for training: [epilepsy.com/firstaid](https://epilepsy.com/firstaid)**