



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)