

Seizure First Aid – Quick Guide



If someone is having a seizure...

- **DO NOT** put anything in their mouth.
- **DO NOT** restrain their movements.
- Stay with the person and stay calm. Note the start time.
- Protect them from injury: Move hard objects, cushion their head.
- Loosen tight clothing, remove glasses. Clear bystanders.
- Let the seizure run its course. Talk calmly and offer reassurance.
- Note the end time. Check for injuries or confusion and allow rest.



Call 911 if...

- The seizure lasts longer than 5 minutes.
- The seizures repeat without a full recovery.
- It's the person's first known seizure, or you don't know the history.
- Breathing doesn't return to normal after the seizure ends.
- The person is injured, pregnant, has diabetes, or is sick.
- The seizure happens in water or after a head injury.



Rescue meds at a glance...

- Follow the person's seizure action plan.
- Give the rescue medicine exactly as prescribed.
- Often given at 3-5 minutes or for clusters.
- After giving rescue medicine, call 911 if seizures continue or breathing is difficult.



What this means for you...

- You don't need special training to help.
- Protect the person, time the seizure, and know when to call for help.
- Small, calm actions make a big difference.