

# Seizure First Aid

## Do

- ✓ *Remain Calm*
- ✓ *Time the seizure*
- ✓ *Loosen anything tight around the neck*
- ✓ *Clear the area of anything that may cause injury*
- ✓ *Place something soft under their head as a cushion*
- ✓ *Turn them on their side after the seizure stops*
- ✓ *Once the seizure stops talk to them calmly*
- ✓ *Expect them to be disoriented and reassure them*

## Don't

- ✗ *Panic*
- ✗ *Perform CPR*
- ✗ *Put anything in their mouth*
- ✗ *Restrain them*
- ✗ *Leave them alone*
- ✗ *Move them unless the area is unsafe*
- ✗ *Allow people to gather around and watch*
- ✗ *Give them food or drink until fully recovered*

### CALL EMERGENCY SERVICES IMMEDIATELY IF:

- 📞 *Injury occurs during the seizure*
- 📞 *Breathing becomes difficult or they are choking*
- 📞 *This is their first seizure*
- 📞 *They are pregnant*
- 📞 *The seizure occurred in water*
- 📞 *The seizure lasts longer than 5 minutes*
- 📞 *The seizure is immediately followed by another one*