

FIRST AID *for* SEIZURES¹

1. **Stay calm**
2. **Prevent injury**
3. **Pay attention to the length of the seizure**
4. **Make the person as comfortable as possible**
5. **Keep onlookers away**
6. **Do not hold the person down**
7. **Do not put anything in the person's mouth**
8. **Do not give the person water, pills, or food until fully alert**
9. **If the seizure lasts more than 5 minutes, call 911**
10. **Be sensitive & supportive, ask others to do the same**

Please visit
epilepsy.com
for more information




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REFERENCE: 1. Care and Comfort First Aid. Available at
www.epilepsy.com/get-help/seizure-first-aid/care-and-comfort-first-aid. Accessed: August 11, 2015

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