



Seizure First Aid

- Call and send a runner for help.
- Time the seizure with your watch.
- Keep calm and reassure others nearby.
- Don't hold the person down or try and stop their movements
- Clear the area around the person of hard or sharp objects.
- Place something soft under the head (folded jacket...).
- Turn person gently to one side.
- Do **NOT** put anything in their mouth (they can't swallow their tongue).
- Don't attempt artificial respiration (except in the unlikely event that a person does not start breathing again after seizure).
- Be friendly and reassuring as consciousness returns.

ACTIVATE EMS (911)

- ✓ if person has unknown history of seizures
- ✓ if seizure lasts longer than 5 minutes
- ✓ if slow recovery, a second seizure, or difficulty breathing afterwards
- ✓ if there are any signs of injury