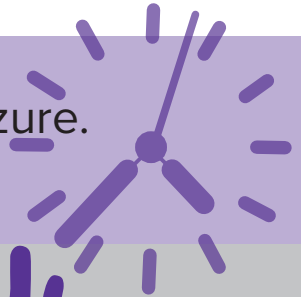


# SeizureFirstAid

What to do in the event of a seizure

1 **STAY** with the person and start timing the seizure. Remain *calm* and check for medical ID.



2 Keep the person **SAFE**. Move or guide away from *harmful objects*.



3 Turn the person onto their **SIDE** if they are not awake and aware. *Don't block airway*, put something small and soft under the head, loosen tight clothes around neck.

4 Do **NOT** put *anything* in their mouth. Don't give water, pills or food until the person is awake.



5 Do **NOT** *restrain*.



6 **STAY** with them until they are awake and alert after the seizure.

*Most seizures end in a few minutes.*



## Call 911:

- ▲ If Tonic Clonic /Grand Mal seizure: call 911 immediately
- ▲ If any other seizure: call 911 if seizure lasts longer than 5 minutes
- ▲ Repeated seizures
- ▲ Difficulty breathing
- ▲ Seizure occurs in water
- ▲ Person is injured, pregnant, or sick
- ▲ Person does not return to their usual state
- ▲ First time seizure
- ▲ **ALWAYS REFER TO STUDENT'S SEIZURE ACTION PLAN IF ON FILE!**