

# SEIZURE FIRST AID!

here's what you can do if you recognize that someone is having a seizure!

## FIRST THINGS FIRST!

- 1.** Lower the person to the ground, turn them on their side, and put something soft and flat (like a jacket) under their head.
- 2.** **TIME THE SEIZURE!** It's very helpful for doctors & healthcare pros to know how long it lasted.
- 3.** **Call for help!** It's appropriate to call 911 if:
  - The person has never had a seizure
  - They hit their head or injure themselves when falling
  - The seizure lasted more than 5 minutes
  - The person has another seizure after the first one.

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## **DON'T:**

- restrain the person having a seizure. holding them down can hurt them more.
- put anything in a person's mouth when they're having a seizure. **THEY NEED TO BREATHE!**
- Freak out. Seizures are more common than you think, everyone's going to be fine.
- Offer food or water after a seizure.

## **DO!:**

- Help keep people around you calm.
- Be comforting to a person while they're coming out of a seizure.
- Stay with them until they feel better.
- Help them find a way home.

*for more info visit [leaddiy.org/seizure-first-aid](http://leaddiy.org/seizure-first-aid)*