

First Aid for Seizures Quick Reference

What to do if a person has a seizure:

- Loosen clothing around person's neck;
- Reassure bystanders who may be panicking and ask them to give the person room;
- Move sharp objects (glasses, furniture and other objects) away from the person to prevent injury;
- After the seizure, roll the person on their side to maintain an open airway and prevent the inhalation of secretions. If vomiting begins, roll person forward to allow contents drain from the mouth;
- If several seizures occur, the individual may be confused for a period of time and therefore should not be left alone;
- Speak in a quiet, calm and friendly manner to the person having the seizure. Time the seizure and report it either to the person after fully recovered or to the physician/first responders.
- In many cases, especially if the person is known to have epilepsy, it is not necessary to call an ambulance. However, a 911 call should be made IF:
 - The seizure lasts longer than 5 minutes;
 - Another seizure begins soon after the first;
 - The person cannot be awakened after the movements have stopped;
 - Breathing stops and face and/or nail beds begin to turn blue.

Do not do the following:

- **Do not hold the person down or restrain them during their seizure as this can cause injury.**
- **Do not insert objects in the mouth as this can also cause injury (e.g. broken teeth).**

(Epilepsy Foundation; WebMD)