

# SEIZURE FIRST AID



1. Stay with the person
2. Time the seizure (If seizure lasts for more than 5 minutes, call 911)
3. Protect person from injury
4. Loosen anything tight around neck
5. Do NOT restrain the person
6. Do NOT put anything in the persons' mouth
7. Roll the person on his/her side as the seizure subsides
8. After the seizure, talk to the person reassuringly

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