

SEIZURE FIRST AID



1. Remain calm and stay with the person
2. Time the seizure (**If the seizure lasts for more than 5 minutes, call 911**)
3. Loosen anything tight around their neck
4. Roll them on their side
5. Protect them from injury
6. Do not restrain them
7. Do not put anything in their mouth
8. After the seizure, be supportive and reassuring while they recover

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