Seizure First Aid
How to help someone having a seizure

1. **STAY** with the person until they are awake and alert after the seizure.
   - ✓ Time the seizure
   - ✓ Remain calm
   - ✓ Check for medical ID

2. Keep the person **SAFE**.
   - ✓ Move or guide away from harm

3. Turn the person onto their **SIDE** if they are not awake and aware.
   - ✓ Keep airway clear
   - ✓ Loosen tight clothes around neck
   - ✓ Put something small and soft under the head

**Call 911 if...**
- Seizure lasts longer than 5 minutes
- Person does not return to their usual state
- Person is injured, pregnant, or sick

**Do NOT**
- Do NOT restrain.
- Do NOT put any objects in their mouth.
- ✓ Rescue medicines can be given if prescribed by a health care professional

Learn more: epilepsymichigan.org