



# How to help someone having a seizure

## Seizure First Aid

### Step 1:



Stay with the person and keep them safe to prevent injury. Stay calm and start timing the seizure. Check to see if they have a medical ID. Most seizures stop within a few minutes

### Step 2:



If the person loses consciousness, turn them on their side and place something soft under their head. Loosen any clothing around the neck such as a shirt or tie.

### Step 4:



#### Call 911 if:

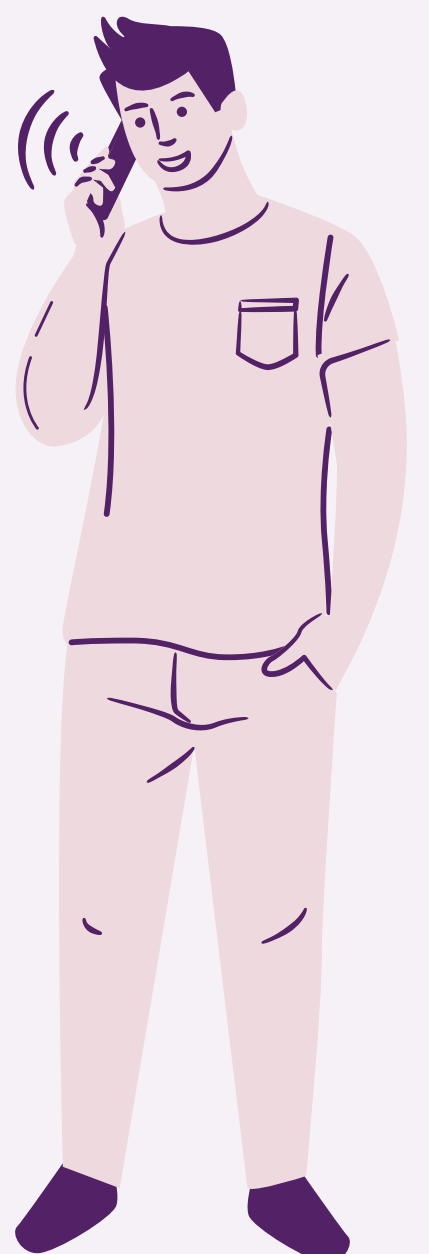
- Seizure lasts more than 5 minutes or if they repeat.
- Person is pregnant or injured
- First-time seizure, Seizure occurs in water
- Person does not return to their usual state

### Step 3:



Do not restrain the person and keep the airway clear. Do not put anything in the person's mouth

### Step 5:



If law enforcement arrives before the EMT, inform them that the person is having a seizure. People who have absence or complex partial seizures are not aware of their surroundings and cannot comply with orders.