

## Seizure First Aid

### What to do

#### Call 911 RIGHT AWAY if:

- The seizure lasts more than 5 minutes
- The person is injured during the seizure
- The seizure occurs in water
- The person stops breathing or has trouble breathing
- The person has a 2nd seizure right after the first one
- The person is pregnant, has diabetes, or has no history of seizures



#### First Aid Checklist

- Make sure the person is breathing.** Move anything that is near their face that could get in their way of breathing. This includes pillows, blankets, or any other items. Loosen any clothing that is around their neck.
- Clear the area of dangerous objects.** Remove the person's glasses and anything that could be dangerous.
- Protect the person's head and body.** If you can, help the person lie on their side to help keep their airway open. Do not restrain their arms or legs during a seizure. Do your best to protect their head from being bumped on anything, especially hard, sharp objects.
- Do not put anything in the person's mouth.** It will block their airway and cause breathing problems. Do not try to swipe anything out of their mouth with your fingers. Their jaw may clench and you could be bitten.
- Do not panic.** Your role when someone is having a seizure is to protect them. Do not try to stop the seizure.
- Try to relax.** The moments a seizure is happening will seem like an eternity. Do your best to relax during it. Once the seizure is over, allow time for the person to rest and recover. Tell them who you are, where they are, and what happened. Help them find a place to rest until they have recovered.

#### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### To talk with a nurse:

Weekdays from 8 a.m. to 5 p.m., call 206.598.2282 and select option 2.

After hours and on weekends and holidays, call our Community Care Line at 206.598.3300.

*This handout was developed with information from [www.abta.org](http://www.abta.org).*