



## **Seizure First Aid: What to Do During a Seizure**

### **Stay Calm:**

Keep calm and reassure others around you. Most seizures are not life-threatening, but it's essential to stay focused and help the person experiencing the seizure.

### **Time the Seizure:**

Note the time when the seizure begins. This information helps medical professionals assess the duration of the seizure and the person's recovery.

### **Protect from Injury:**

Gently guide the person to the floor if they are not already lying down. Clear the area of sharp objects or furniture that could harm them during the seizure.

### **Cushion the Head:**

Place something soft (e.g., a pillow, clothing) under the person's head to prevent injury and protect their head.

### **Turn to the Side:**

Gently turn the person onto their side to help keep the airway clear and prevent choking.

### **Loosen Tight Clothing:**

If possible, loosen tight clothing, especially around the neck, to aid in breathing and ensure unrestricted airflow.

### **Do Not Restrain:**

Do not hold the person down or put anything in their mouth. It's a common misconception that someone can swallow their tongue during a seizure; this is not true.

### **Stay with the Person:**

Stay with the person until the seizure ends and they are fully conscious. Reassure them and keep them calm.

### **Note Seizure Details:**

Observe and note any details about the seizure, such as movements, duration, and any unusual behavior. This information will be helpful for medical evaluation.

### **Offer Comfort:**

After the seizure, offer comfort and support. Be patient as they recover and regain full awareness.



### **Seek Medical Help:**

Call for emergency medical assistance if:

The seizure lasts longer than 5 minutes.

The person has difficulty breathing or is turning blue.

Another seizure begins shortly after the first one.

The person is injured during the seizure.

The person requests medical evaluation or it's their first seizure.

### **References**

American Red Cross. (n.d.). First Aid/CPR/AED Participant's Manual. American Red Cross.

Epilepsy Foundation. (n.d.). Seizure First Aid. Retrieved from <https://www.epilepsy.com/learn/seizure-first-aid-and-safety>