





Seizure First Aid


(FOR GENERALIZED TONIC-CLONIC)

T Turn person on their side 

R Remove objects/glasses 

U Use something soft under their head 

S Stay calm & stay with the person 

T Time seizure 



DID YOU KNOW?

- Epilepsy is not contagious
- People with epilepsy want to be treated just like everyone else
- Most people with epilepsy no longer have seizures when taking medication
- There are many types of seizures, and even the same seizure type doesn't present the same in every person.

REMEMBER...

Never put anything in anyone's mouth or hold a person down when they are having a seizure.

CALL 911 IF:

- It is a first time seizure
- It is a new type of seizure for the person
- Seizure lasts more than 5 minutes
- Seizures happen back to back
- Seizure happens along with another injury
- Seizure happens in water
- Person has diabetes or is pregnant



www.epilepsyallianceamerica.org

1.347.987.1610

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
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

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: [epilepsy.com/firstaid](https://www.epilepsy.com/firstaid)



[epilepsy.com](https://www.epilepsy.com)

24/7 Helpline: 1-800-332-1000

EPILEPSY: LET'S TALK ABOUT THE FACTS

3.4 MILLION
PEOPLE IN THE U.S.
HAVE EPILEPSY

65 MILLION
PEOPLE WORLDWIDE



1 IN 26 PEOPLE IN THE U.S. WILL DEVELOP
EPILEPSY IN THEIR LIFETIME



That means *you may have a friend with epilepsy* who is afraid to talk about it because they feel like they may be treated differently. Talk About It!

WHAT IF A SEIZURE HAPPENS? REMEMBER THESE TIPS.

Knowing what to do and what NOT TO DO is important, and the best way to know is to *Talk About It*.



Turn them on
their side if
they are lying
down

DON'T put anything
in their mouth



Call 9-1-1



Remove any
harmful objects



Keep onlookers
away

DON'T hold
them down



Remain
calm

IF SOMEONE HAS A SEIZURE, MAKE SURE THEY ARE COMFORTABLE
AND STAY WITH THEM UNTIL THE SEIZURE IS OVER.

LEARN MORE ABOUT HOW TO HELP A FRIEND! VISIT...



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