

Stay. Safe. Side.

Most seizures stop on their own within a few minutes. Here is what to do until they do.

Stay.

Stay with the person and start timing the seizure the moment it begins. Keep yourself and others calm. Stay until they are fully alert, then comfort them, explain what happened, and offer to call someone to help them get home.

Safe.

If they seem to be falling, ease them to the ground. Clear away anything hard or sharp. Put something soft and flat under their head, take off their eyeglasses, and loosen anything tight around the neck. Check for a medical ID bracelet.

Side.

Gently turn them onto one side with the mouth pointing toward the ground. This keeps the airway clear and helps them breathe.

Never do this

- Do not hold them down or try to stop their movements.
- Do not put anything in their mouth. It is impossible to swallow your tongue.
- Do not give mouth-to-mouth breaths during the seizure.
- Do not give food or water until they are fully alert.

Call 911 if any of these is true

- The seizure lasts longer than 5 minutes.
- Another seizure starts soon after the first.
- They have trouble breathing or waking up afterward.
- They were injured during the seizure.
- The seizure happens in water.
- It is their first seizure.
- They are pregnant, or have diabetes and lose consciousness.

Questions about epilepsy? Not an emergency?

Epilepsy Foundation 24/7 Helpline: 1-800-332-1000
(Spanish 1-866-748-8008)

WALLET CARDS ON PAGE 2

Cut along the dashed line, fold in the middle, keep one in your wallet or bag. Laminate it if you can.

SEIZURE FIRST AID

**Stay.
Safe. Side.**

Time it. Clear the space. Turn them on their side. Nothing in the mouth.

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