

Seizures



1

Note the time of the seizures with a watch.



2

DO NOT move the person unless in danger or near something hazardous. If possible, clear the area of furniture or objects and protect the person from hurting themselves.



3

Make sure to place a cushion under the person's head.



4

Loosen any tight clothing and jewelry especially around the person's neck.



5

Place the person in recovery position (turn the person on his or her side) to prevent any vomit from being inhaled if the person starts to vomit.



6

Try to look for a medical I.D. bracelet with seizure instructions and call 911.



7

Stay with the person until they recover, or until you have professional medical help and monitor the person's pulse and rate of breathing



DO NOT restrain the person.



DO NOT move the person unless he or she is in danger or near something hazardous.



DO NOT try to make the person stop convulsing. He or she has no control over the seizure and is not aware of what is happening at the time.



DO NOT give the person anything by mouth until the convulsions have stopped and the person is fully awake and alert.



Call 911 immediately if this is the first time the person has had a seizure



Keep calm and reassure other people who may be nearby