SEIZURE FIRST ID

1. STAY CALM & STAY WITH THE PERSON until seizure has ended and awareness is regained

2. MOVE DANGEROUS OBJECTS

3. TIME THE SEIZURE

4. NEVER PUT ANYTHING IN PERSON’S MOUTH AND NEVER HOLD THEM DOWN

5. GUIDE PERSON AWAY FROM DANGER if they are wandering

6. TURN PERSON ON SIDE & PLACE SOMETHING SOFT UNDER HEAD if they have fallen to the ground having a convulsive seizure

7. LOOK FOR MEDICAL IDENTIFICATION (bracelet, card, etc.)

CALL 911 IF:
- Seizure lasts longer than 5 minutes or repeats
- Person is injured or seizure occurred in water
- Person is pregnant or has diabetes
- Person does not regain consciousness or has difficulty breathing after seizure has ended
- Person has no ID stating they have epilepsy

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