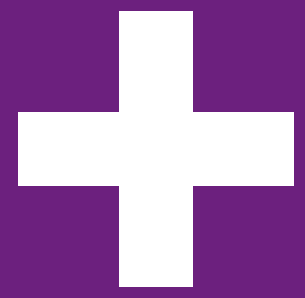


# SEIZURE FIRST AID



**1**

## Stay Calm

Most often, a seizure will run its course and end naturally within a few minutes.

**2**

## Time It

If the seizure lasts more than 5 minutes or repeats without full recovery between seizures, call 911. Call 911 if the person is pregnant, has diabetes, is injured from the seizure or if the seizure occurs in water. Call 911 if you are not sure the person has epilepsy or a seizure disorder.

**3**

## Protect from injury

Move sharp objects out of the way. If the person falls to the ground, roll them onto their side and place something soft under their head. If the person wanders about, stay by their side and gently steer them away from danger. When the seizure ends, provide reassurance and stay with the person if they are confused.

**Do not restrain the person.**

**Never put anything in the person's mouth.**

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Charitable Reg No.: 11890-0802-RR0001