FIRST AID FOR SEIZURES

1. Stay calm, most seizures only last a few minutes.
2. Prevent injury by moving any nearby objects out of the way.
3. Pay attention to the length of the seizure.
4. Make the person as comfortable as possible.
   Turn the person on their side.



5. Keep onlookers away.
6. Do **not** hold the person down.
7. Do **not** put anything in the person's mouth.
8. Do **not** give the person water, pills, or food until the person is fully alert.



9. If the seizure continues for longer than five minutes, call 911.
10. Be sensitive and supportive, and ask others to do the same.