

Seizure First Aid



Canadian
EPILEPSY
Alliance

1-866-EPILEPSY

www.epilepsymatters.com

- a. Don't panic! You CAN help
- b. Allow plenty of space
- c. Protect from injury
- d. Loosen anything tight around neck
- e. Put something soft under head
- f. Turn to the side to prevent choking
- g. NEVER put anything in mouth
- h. NEVER restrain
- i. Longer than 5 minutes-Ambulance
- j. After, offer support and allow rest