Seizure First Aid

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