What do I do when someone has a seizure?

DO

Stay CALM.

- Move objects that might hurt them or gently guide them away from danger.
- Time the seizure.
- Cushion their head with something soft and turn them on their side.
- Loosen any article of clothing that might make it hard for them to breathe.
- Put them in a recovery position after their seizure ends.

Call 911 if needed.

DON'T

- Don't panic.
- Don't restrain them.
- Don't put anything in their mouth.
- Don't offer them food, water or medication until they are fully awake.
- Don't leave.

When should I call 911?

- You think this is their first seizure
- Their seizure lasts longer than 5 minutes
- Seizures happen one after another
- The person is hurt or injured
- They have trouble breathing or are choking
- The seizure occurs in water
- They don't return to their usual state of consciousness
- If you don't feel equipped to handle the situation

For more information visit www.thecameronboycefoundation.org

sources:
The Epilepsy Foundation
The CDC
The Epilepsy Society