



First Aid- Seizures

From Parish Nurse

Click [here](#) for a brochure about seizure first aid (PDF format) which explains what to do for different types of seizures.

In general, if someone is having a seizure:

STAY CALM

- Seizures usually end on their own within seconds or a few minutes

CREATE A SAFE SPACE

- Move sharp objects out of the way
- -If the person falls, place something soft under their head and roll them on their side as the seizure subsides
- If the person wanders, stay by their side and gently steer them away from danger

TIME IT

- Note the time the seizure begins and ends

CALL 911 IF:

- -The seizure lasts more than 5 minutes
- It repeats without full recovery between seizures
- If consciousness or regular breathing does not return after the seizure ends
- The person is pregnant, has diabetes, appears injured or is in water
- You are not sure the person has epilepsy or a seizure disorder
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PROVIDE REASSURANCE

- When the seizure ends, stay with them until complete awareness returns

DO NOT...

- Restrain the person
- Put anything in their mouth

Emergency Response Tips

- [Emergency signs](#)
- [Things to remember upon seeing a seizure](#)
- Take active steps to reduce the risks of injury associated with seizures by familiarizing yourself with these [Safety Issues](#).