

# Seizure First Aid



Canadian  
**EPILEPSY**  
*Alliance*

1-866-EPILEPSY

[www.epilepsymatters.com](http://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