

# Simple, Portable and Printable

Seeing someone having an epileptic seizure can be alarming, but by remaining calm and remembering these few simple tips, you can help to keep him or her safe until the seizure stops naturally by itself.

## 7 Simple Steps to help someone having a seizure

- 1** Remain calm and don't try to stop the seizure movements.
- 2** Clear the area around the person of anything hard or sharp.
- 3** Put something flat and soft under the head.
- 4** Gently turn the person onto one side to keep their airway clear.
- 5** Stay with the person until they recover from the seizure.
- 6** Be friendly and reassuring to the person as they return to consciousness.
- 7** Offer to call a taxi, friend or relative to help them get home.

## Do & Do Not

**DO** reassure others who may be nearby to keep the crowd calm.

**DO** loosen anything around the neck that may make breathing difficult (i.e. collar or neck ties).

**DO NOT** force the mouth open with any hard implement or with fingers. It is not true that a person having a seizure can swallow their tongue.

**DO NOT** attempt artificial respiration except in the unlikely event that a person is not breathing after the seizure has stopped.

## Call 911 if:

- seizure lasts longer than five minutes
- person has multiple seizures at one time
- seizure occurs in water
- person is injured
- person asks for medical help

*Cut out tip sheet and fold on the dotted lines to fit in your wallet.*