



American  
Brain Tumor  
Association®

*Providing and pursuing answers®*

## Seizure First Aid

**Most Importantly: Make sure the person can breathe.** Loosen clothing from around the neck. Move pillows, blankets or any other items away from the nose and mouth. If the person is having trouble breathing, immediately call for emergency help. Most of the time a person having a seizure requires no assistance other than caring observation.

**Do not panic.** Your role is to protect the person having the seizure. Do not try to stop the seizure and do not put anything in their mouth.

**Clear the area of sharp objects.** Remove their glasses. If the person is breathing well, take a moment to move other potentially dangerous items. If possible, help the person lie on their side to keep the airway open.

**Protect the person's head from being bumped,** but do not restrain their arms or legs during a seizure.

**Do not put anything in the person's mouth,** including your fingers. Anything placed in the mouth will block the airway and cause breathing problems. The jaw may clench, and your fingers could be bitten.

**The next few minutes will seem like an eternity. Try to relax.** After the seizure ends, allow time for the person to rest and recover. Tell them who you are, where they are and what happened. Help them find a place to rest until they feel like themselves again.

### Call for emergency help if:

- the person stops breathing
- the seizure lasts more than five minutes
- the person is injured during the seizure
- the person is pregnant or has diabetes
- the seizure occurs in water
- the person has no history of seizures and no medical ID
- a second seizure immediately follows

## American Brain Tumor Association

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WILL CLING TO MOST SURFACES WITHOUT GLUE OR TAPE.