Seizure First Aid

1. Keep the person safe.
   - Clear area of objects
   - Move or guide person away from harm to the floor

2. Turn person onto their side.
   - Keep airway clear - loosen tight clothing around neck
   - Put something soft and small under their head

3. Time the seizure.
   - Check for medical ID on person or phone
   - Stay with the person

4. Call 911 if...
   - Seizure is longer than 5 minutes
   - Person has difficulty breathing
   - Person is injured, pregnant, or sick
   - Person doesn’t return to usual state
   - First-time seizure or it occurs in water
   - Repeated seizures

NEVER RESTRAIN A PERSON HAVING A SEIZURE
DO NOT PUT ANYTHING IN THE PERSON’S MOUTH

Visit: abta.org

FOR MORE RESOURCES
Call our CareLine: 800-886-ABTA (2282)
Email: info@abta.org

Point your phone’s camera at this QR code to access more info.

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