

1. **STAY CALM** – Never attempt to restrain someone having a seizure. Simply let the seizure take its course. Remember a person having a seizure is not always aware of their actions or surroundings and may not be able to hear or acknowledge you
2. **TIME the seizure** – If it repeats or lasts longer than five (5) minutes call for medical attention, (911)
3. **PROTECT from injury** –
 - Help guide individual to the floor if possible
 - Put something soft under their head
 - Move hard or sharp objects
 - Loosen tight clothing, such as a necktie or scarf
 - If the person is wandering, stay by their side and gently steer them away from danger
 - If the person is in a wheelchair, ensure the chair is in the “partial recline” position and brakes are locked on to protect from injury
4. **IF the person has fallen** – roll onto their LEFT side, if possible. If in a wheelchair, still in “partial recline” position, turn head to side
5. **NEVER INSERT ANYTHING INTO THEIR MOUTH**
6. **AFTER the seizure has subsided** –
 - Speak in a gentle, quiet and friendly manner
 - Be comforting and reassuring as they may be confused and disoriented
 - Help maintain the person’s dignity by moving onlookers away
 - Stay with them until full consciousness returns and offer assistance

DIAL 911 when ...

- Seizure lasts longer than 5 minutes or repeats without full recovery
- No history of seizures
- Head is hit during a seizure
- Unusual pain felt after the seizure
- Consciousness does not return after the seizure, or confusion last for more than an hour

DISCLAIMER: The information above is for educational and information purposes only. It is not intended to provide medical care or other professional advice, nor is it intended to be used to diagnose or assess health conditions or to be substituted for professional guidance in treatment. Epilepsy Durham Region, its representatives, service agents, and solicitors are neither liable nor responsible for any outcome or damages resulting from information in either a direct or indirect form arising from this material here in contained.