



# FIRST AID FOR SEIZURES

1. Stay calm, most seizures only last a few minutes.
2. Prevent injury by moving any nearby objects out of the way.
3. Pay attention to the length of the seizure.

4. Make the person as comfortable as possible.

5. Keep onlookers away.



6. Do **not** hold the person down.

7. Do **not** put anything in the person's mouth.

8. Do **not** give the person water, pills, or food until the person is fully alert.



9. If the seizure continues for longer than five minutes, call 911.

10. Be sensitive and supportive, and ask others to do the same.

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**Always notify parent after 911 has been called.**

**Always turn on their side if vomiting.**

**Always document:**

- when the seizure happened
- what the student was doing at the time of the seizure
- how long the seizure lasted

**Always notify the District Nurse that EMS has been called.**