



# General First Response Protocol for Seizures

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. **NEVER INSERT ANYTHING INTO THEIR MOUTH**
5. **AFTER** the seizure has subsided, if possible roll onto their LEFT side. If in a wheelchair, still in “partial recline” position, turn head to side.
  - 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.

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