

KNOW WHAT TO DO WHEN SOMEONE HAS A SEIZURE



1 in 26 people are diagnosed with epilepsy, and 1 in 10 people experience a seizure in their lifetime. Seizures are common, and you may need to help someone during or after a seizure.

Stay with the person until the seizure ends and speak calmly.

Help the person to the floor and turn them gently on their side.

Clear the area of anything sharp or hard that may cause injury and place something soft under their head.

Remove eyeglasses and loosen ties or anything around the neck.

Time the seizure. Call 911 if the seizure lasts more than 5 minutes or the person stops breathing.

DO NOT put anything in the person's mouth, hold them down to stop their movements, try to give mouth-to-mouth breaths, or give the person any water or food during the seizure.