

**KNOWLEDGE IS
THE ANTIDOTE
FOR FEAR.**

—RALPH WALDO EMERSON



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Seizure First Aid: Steps To Take



How to Address a Seizure

- Note the time that the seizure begins. The length of the seizure matters to first responders and doctors.
- Roll the person on their side to keep their airway clear and to prevent choking.
- Cushion the person's head.
- Loosen any tight neckwear, such as a tie or scarf.
- Protect the person by clearing the space around them, or by gently holding the person to prevent them from coming into contact with any objects.
- If the person is a relative or close friend and you feel they are protected, consider capturing a video of the seizure to share **ONLY** with their neurologist.
- Know the response plan for family and friends. This may include rescue medications for seizures that last longer than a specified duration.
- If the seizure lasts for more than 5 minutes, or if you're concerned for the person's safety, call 9-1-1.
- Stay with the person until they are fully awake and reoriented, and reassure them you are there to help.



Now You're At The Doctor's Office

- Ask the doctor if a person can seize while sleeping.
- Ask the doctor if a device for home-use exists that can sound an alarm when seizure activity occurs.
- Ask the doctor if EEGs should be performed more than once every six months.
- Ask the doctor about MRIs, with and without contrast.
- Ask the doctor to discuss the risk of Sudden Unexpected Death in Epilepsy, or SUDEP.
- Ask about seeing an epilepsy specialist, known as an epileptologist.