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.