

# Epileptic Seizure First Aid

This playbook describes the essential steps for providing first aid to an individual experiencing an epileptic seizure. It outlines actions to ensure the person's safety during the seizure and appropriate postictal care once the seizure has ended.

## Step 1: **Stay Calm**

Keep calm and reassure others nearby. React quickly but calmly to protect the person from injury.

## Step 2: **Prevent Injury**

Move any nearby objects that could harm the person during the seizure. If possible, place something soft under their head.

## Step 3: **Monitor Time**

Keep track of the seizure's duration. Note when it begins and ends. Seizures lasting longer than 5 minutes require immediate medical attention.

## Step 4: **Protect Privacy**

If the seizure occurs in a public area, protect the person's dignity. Form a circle around them or use a blanket for privacy if needed.

## Step 5: **Aid Breathing**

Ensure the person is on their side to help keep their airway clear. Do not restrain them or put anything in their mouth.

## Step 6: **Stay with Them**

Do not leave the person alone during the seizure. Stay with them until full consciousness has returned.

## Step 7: **Reorient Post-Seizure**

In the postictal state, the person might be confused. Gently reassure them about their location and that they were helped through a seizure.

## Step 8: **Check for Injuries**

Once the seizure is over, check if the individual has sustained any injuries. Provide first aid as required.

## Step 9: **Seek Medical Help**

If this was the person's first seizure, the seizure was prolonged, or if the person is not regaining full consciousness, call emergency services immediately.

# **General Notes**

## **Do Not Restrain**

Never try to hold the person down or restrain their movements. Seizures are not under voluntary control, and restraint can cause injury.

## Nothing In Mouth

Do not attempt to put anything in the person's mouth during a seizure. This can cause injury to both the individual and helper.

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