

# **First Aid for Epilepsy and Seizures**

## **If an Individual is Having a Seizure on Campus:**

* Remain calm and **call 911 or have someone else call 911 immediately.**
* Individuals can deny medical attention once first responders have arrived but 911 must be called.
* Clear the area around the person of anything hard or sharp to prevent further injury.
* Loosen any tight clothing and remove any eyeglasses.
* Put a jacket or coat under the individual’s head.
* Note the time the seizure began and ended. First responders will need this information.
* Ask bystanders to stand back and to give the individual as much privacy as possible.

## **After the Seizure has Stopped:**

* It is helpful to lay the person on the side.
* Please stay by their until first responders arrive, the individual should not be left alone.
* Comfort the individual, speak in a calm manner to them and let them know medical personnel is on the way.
* If possible, have another person direct medical personnel to the correct location.

## **What NOT To Do:**

* DO NOT try to hold the person down or restrain them in any way.
* DO NOT insert any objects in a person’s mouth.
* DO NOT offer the person food or water unless they are fully alert.

