SEIZURE PROCEDURE

What to do in the event of a seizure

1. REMAIN CALM
   If you are calm, it keeps others calm

2. TIME THE LENGTH
   Of the seizure

3. LOOSEN
   CONSTRAINING ITEMS
   Place soft things under head

4. CREATE A SAFE AREA
   Ease to the ground if necessary

5. TURN ONTO SIDE
   Never place objects in mouth

6. DON’T RESTRAIN
   Constraint could lead to injury

BE NICE AND REASSURING
Stay until seizure ends

EMERGENCIES
Call 911 if any of these occur

FIRST SEIZURE
Or hasn’t been diagnosed with epilepsy

5:00
FIVE MINUTES
Seizures lasting five minutes or longer

MORE THAN ONE
Seizure within 24 hours

BACK TO BACK
Another seizure follows previous one

PREGNANT
Or diabetic

HEADACHE
Or head injury precedes seizure

STROKE
Symptoms appear

HIGH FEVER
Or pain present upon return to awareness

TIME LENGTH OF SEIZURE

EMERGENCIES
Call 911 if any of these occur

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