

## Fast Facts

### Seizures

#### *Ways to Care for Someone During*

- Carefully roll the person onto one side.
- Place something soft under his or her head.
  - Loosen tight neckwear.
- Don't try to put your fingers or anything else in the person's mouth.
  - Don't try to restrain the person.
- If the person is moving, clear away dangerous objects.
  - Stay with the person until medical personnel arrive.
- Observe the person closely so that you can provide details on what happened.
  - Time the seizures.
  - Be calm during the seizures.

©2017 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.

Copyrighted Material DemystifyingYourHealth.com