



Seizure first aid

DO NOT:	DO:
<ul style="list-style-type: none">✓ Don't panic, you CAN help!✓ Do not put anything in your child's mouth<ul style="list-style-type: none">✓ Do not restrain	<p style="text-align: center;">ABCDE</p> <ul style="list-style-type: none">✓ Allow space, protect from injury✓ Breathing: call 911 if your child is not breathing✓ Count minutes: call 911 if the seizure does not stop by 5 minutes✓ Decrease risk of choking: turn your child to the side✓ Emergency record: video record, if possible

Call 911 if:

- ✓ Your child stops breathing
- ✓ Seizure does not stop within 5 minutes
- ✓ Seizures occur back to back
- ✓ Your child is not recovering gradually after a seizure or unable to move symmetrically
- ✓ If uncomfortable at any time!