

# Seizure First Aid

How to help someone having a seizure

# Umuna a Panangtaming iti Panagkissiw

Kasano a tulongan ti tao nga agkiskissiw

# 1

**STAY** with the person until they are awake and alert after the seizure.

- ✓ **Time** the seizure
- ✓ Remain **calm**
- ✓ Check for **medical ID**



AGTALINAED iti sibayna agingga a makapuot ken makaungar kalpasan ti panagkissiw

- ✓ Orasan ti panagkissiw
- ✓ Agtalinaed a kalmado
- ✓ Kitaen no addaan iti medical ID

# 2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



Pagtalinaeden ti tao a NATALGED.

- ✓ Yadayo isuna iti peggad

# 3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head



PAGSIKIGEN ti tao no awan puotna ken dina ammo ti mapasasamak kenkuana.

- ✓ Wayaan ti pagangangsanna
- ✓ Palukayan ti naillet a kawes iti tengnged daytoy
- ✓ Mangipan iti bassit ken nalukneng a banag a pangisadagan iti ulona

## Call 911 if...

Awagan  
ti 911  
no ...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water
- ▶ Agpaut ti panagkissiw iti nasursurok ngem 5 a minuto
- ▶ Saan nga agsubli ti tao iti dati a kasasaadna
- ▶ Nadunor, masakog, wenno masakit ti tao
- ▶ Maulit-ulit ti panagkissiw
- ▶ Damo a panagkissiw
- ▶ Marigatan nga umanges
- ▶ Mapasamak ti panagkissiw iti danum

## Do NOT SAAN a

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
- ✓ **Rescue medicines can be given** if prescribed by a health care professional
- ✗ SAAN a tenglen.
- ✗ SAAN a mangipan iti ania man a banag iti ngiwatna.
- ✓ Mabalina maikkan iti pangalaw nga agas no ireseta ti maysa a propesional a mangtartaripato iti salun-at

Nayonan ti ammo: [epilepsy.com/firstaid](http://epilepsy.com/firstaid)



**Naited kas Pammadayaw Manipud iti**

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808-528-3058  
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Honolulu HI 96817

**24/7 Pagpatulongan: 1-800-332-1000**