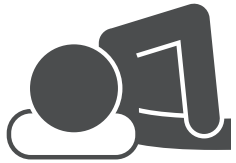


Seizure First Aid



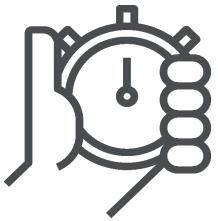
1 Keep the person safe.

Clear area of objects
Move or guide person away from harm to the floor



2 Turn person onto their side.

Keep airway clear - loosen tight clothing around neck
Put something soft and small under their head



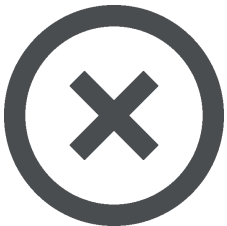
3 Time the seizure.

Check for medical ID on person or phone
Stay with the person



4 Call 911 if...

Seizure is longer than 5 minutes	Person doesn't return to usual state
Person has difficulty breathing	First-time seizure or it occurs in water
Person is injured, pregnant, or sick	Repeated seizures



NEVER RESTRAIN A PERSON HAVING A SEIZURE
DO NOT PUT ANYTHING IN THE PERSON'S MOUTH

Visit: abta.org



Point your phone's
camera at this QR code
to access more info.

FOR MORE RESOURCES
Call our CareLine: 800-886-ABTA (2282)
Email: info@abta.org