

1

### **STAY CALM & TIME IT**

Note the exact start time. Stay with the person until the event naturally ends.

2

### **CLEAR THE AREA**

Remove nearby sharp or hard objects. Cushion their head using soft, folded items.

3

### **GENTLY ROLL ONTO SIDE**

Position them on their side as soon as possible to keep their airway open and clear.

4

### **NEVER USE FORCE OR RESTRAIN**

Do not hold them down or attempt to restrict movements. Allow it to run its course.

# CRITICAL MEDICAL TRIGGERS

## CALL 911 IMMEDIATELY IF:

- The active seizure lasts **longer than 5 minutes**.
- A secondary seizure begins before full recovery.
- The individual is pregnant, injured, or has known diabetes.
- The event occurs in water, or breathing remains labored afterward.

## ✕ STRICT RESTRICTIONS

- **NEVER** place objects, fingers, or medication into the person's mouth.
- **NEVER** offer water, food, or oral liquids until they are fully awake and alert.