

It's a **seizure emergency** (call 911 or local EMT) if...

- If a plan identifies it as a seizure emergency
- This is the first seizure a person has ever had
- The seizures continues for more than five minutes
- A second seizure starts shortly after the first has ended
- The seizure occurred in water
- There's no medical ID and no way of knowing whether the seizure is caused by epilepsy
- Consciousness does not start to return after the shaking has stopped

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Seizure First Aid

- Remain calm
- Keep the person safe
- Time the seizure
- Attempt to turn the person on his/her side
- Loosen clothing around neck when convulsions are over
- Help the person find a place to rest and reorient after the seizure ends
- If breathing stops, start CPR - You must be certified to provide CPR

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