

# What to do when someone is having a **seizure**



**STAY** with the person until the seizure has ended and they are alert.

If the person is not alert, keep their **AIRWAY CLEAR**—make sure nothing is covering their nose or mouth, or is tight around their neck.

Once the shaking is over, turn them onto their **SIDE**.

Keep the person **SAFE** — move or guide them away from harm. Put something soft under their head.

**Once the person is alert and able to communicate, calmly tell them what happened in simple terms.**

## **Do NOT**

- ✗ Do **NOT** hold the person down or restrain them.
- ✗ Do **NOT** put any objects in the person's mouth.
- ✗ Do **NOT** try to give CPR (mouth-to-mouth breaths).
- ✗ Do **NOT** offer water or food to the person until they are fully alert.

**Rescue medications can be given only if prescribed by a medical professional.**

## **Call 911 and go to the Emergency Room if:**



- This is the first time the person has ever had a seizure.
- The seizure lasts longer than 5 minutes.
- The person has two or more seizures in a short period of time without returning to their normal self in between.
- The person is injured or having trouble breathing.
- The person is pregnant or the seizure takes place in water.

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