



SEIZURE ACTION PLAN

1

CALL 911



Explain what is happening and where

- Give Location (floor, landmark, send someone outside to help EMT locate you)
- Give call back number
- Give Student Information

2

STAY



Stay with the person until they are awake and alert

- Time the seizure
- Remain calm
- Check for medic alert bracelet

3

SAFE



Assure safety of the person

- Clear area around affected person
- Protect head
- Put something soft under their head
- Remove glasses
- Loosen tight clothes around neck

4

SIDE



Turn the person onto their side

- If they are not awake or aware

5

DO NOT



Absolutely DO NOT

- Restrain the person
- Put objects in their mouth