

Seizure First Aid

How to help someone having a seizure

Buñten ko ñan bōbrae Dribūbbūb

Wāwein jibañ juōn eo im ej dribūbbūb

1

STAY with the person until they are awake and alert after the seizure.

- ✓ **Time** the seizure
- ✓ Remain **calm**
- ✓ Check for **medical ID**



Pād wōt tūrin mae ien eo erūj im bellok kōlmanlokjen eo an alikin an dribūbbūb

- ✓ Kawawa ki aetok in an dribūbbūb
- ✓ Jab wiwijet
- ✓ Lale ewōr ke an medical ID

2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



Kōjparok e wōt

- ✓ Katolok ak tōl e jen jorrān

3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head



Ukote bwe en ūlūl elañe ejjab ruj ak bellok kōlmanlokjen eo an

- ✓ Komman bwe en jab abañ ial in an menono
- ✓ Kaboolol nuknuk ko ekankan kōnwaer
- ✓ Likūt juon men meoeo ñan iumwin bōran

Call
911
if...
Calle
911
elañe...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

- ▶ Aetok jen lalem minit in an dribūbbūb
- ▶ Armej eo ejjab jimwe an kōlmanlokjen ak makūtkūt
- ▶ Armej eo e jorren, bōroro, ak nañinmej
- ▶ Ikūtkūt an dribūbbūb
- ▶ Kein kajuon in an dribūbbūb
- ▶ Abañ an menono
- ▶ Dribūbbūb ilo jikin tutu ak lojet

Do
NOT
JAB

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.

✓ **Rescue medicines can be given** if prescribed by a health care professional

✗ JAB drebij pein ak neen

✗ JAB illūk jabdrewōt men lowaan loñiin

✓ Ri-jerbal ro im emōj aer train ñan ajej uno remaroñ lelok uno in jibañ

Bok elap lok melele im register ñan training: epilepsy.com/firstaid



Buñten im melele kein rej itok jen
Epilepsy Foundation Hawaii
808-528-3058
www.epilepsyhawaii.org
200 N. Vineyard Blvd., Suite B259
Honolulu HI 96817

24/7 Namba in talboon in jibañ
1-800-332-1000