

# Seizure First Aid

How to help someone having a seizure

## Om kopwe anisi emon mei tori an semwenin maan kawakaw tori an epwe wes seni ika tori pioing

Met kopwe for ngeni ne anisi emon mi uri maan kawakaw

# 1

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

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



**NOMW** ren ena chon uri tori ar ra neno me miriti mwirin an urir maan kawakaw

- ✓ Kopwe eukuu ifa ukukun tamen an maan kawakaw
- ✓ Kosap nuokus ika osukosuk
- ✓ Cheki ika mei wor neun ID pioing ika minen an na semwen

# 2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



**TUMWUNU** ena aramas mei uri ena semwen

- ✓ Emwokutu ika ekinaseni met epwe feiangaw ren

# 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



**Okunuu** ena aramas ngeni nepekir ika rese neno ika rese miritii

- ✓ Emenemena anen an nenien ngasangas ren non awan
- ✓ Epichi uufen ika mei tait fan uwan
- ✓ nonguni faan chamwan ngeni metoch mei pwetete

## Call 911 if...

### Kori 911 ika

- ▶ 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
- ▶ an na Maan Kawakaw mei taameseni 5 minich
- ▶ Ena aramas ese niwin ngeni ususun me akomw
- ▶ Ena aramas mei feiangaw, mei pwopwo, ika semwen
- ▶ Mei chok ekeniwin an kena maan kawakaw
- ▶ Epwe keran ewin an maan kawakaw
- ▶ Mei weires an ngasangas
- ▶ E tori an na Maan Kawakaw nupwen an nom non konik

## Do NOT KOSAP

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
- ✓ **Rescue medicines can be given** if prescribed by a health care professional
- ✗ **KOSAP amwochu ika amwochatiw**
- ✗ **KOSAP uwounong metoch non awan**
  - ✓ En mi tongeni ngeni safean aninnsin an na semwen ika pwun ekena safei me ren emon neun doctor

Ren pwan ekoch porous fengen me om kpwe rechister ren pekin kao: [epilepsy.com/firstaid](http://epilepsy.com/firstaid)



**Mi kawor seni**  
Epilepsy Foundation Hawaii  
808-528-3058  
[www.epilepsyhawaii.org](http://www.epilepsyhawaii.org)  
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Honolulu HI 96817

**24/7 Nampa kopwe kori ren aninnis**  
**1-800-332-1000**