

Seizure First Aid

How to help someone having a seizure

Nā pono lako lapa'au ma'i huki

Pehea e hiki ai iā 'oe ke kōkua i kekahi po'e me ka ma'i huki

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

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



NOHO me ka mea ma'i a ala 'ike ho'omaopopo lākou ma hope o ka loa'a 'ana i ka ma'i huki.

- ✓ Ho'oana i ka lō'ihī o ka ma'i huki
- ✓ Ho'omau i ka noho malu 'ana
- ✓ 'Imi aku i ka lākou kāleka mālama olakino

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Keep the person **SAFE.**

- ✓ Move or guide away from **harm**



E mālama **PALEKANA** i ka mea ma'i.

- ✓ Ho'one'e 'a i 'ole e 'alaka'i iā lākou mai ka 'eha mai

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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



E ho'omoe i ka mea ma'i ma ko lākou 'AO'AO inā 'a'ole lākou i ala maika'i.

- ✓ Ho'ohāmama i ka paipu hanu
- ✓ Hō'alu i nā lōle i piliki'i ma ka 'ā'ī
- ✓ Ho'okomo i kekahi mea li'ili'i a palupalu ma lalo o kō lākou po'o

Call 911 if...

Kahea i ka 911 inā....

- ▶ 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

- ▶ Inā nā 'oi aku ka ma'i huki maō 5 minuke a 'oi
- ▶ Ala kūpono 'ole ka mea mai a kū i kō lākou 'ano ma'amau
- ▶ Ua 'eha ka mea ma'i, hāpai paha, a i 'ole ma'i paha
- ▶ Mau nō ka loa'a pinepine ka ma'i huki
- ▶ Kō lākou manawa mua loa i loa'a ai i ka ma'i huki mua loa
- ▶ Hana nui ka hanu 'ana
- ▶ Ua loa'a i ka ma'i huki i loko o ka wai/kai

Do NOT MAI

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
- ✓ **Rescue medicines can be given** if prescribed by a health care professional

- ✗ **MAI** ho'opa'a, pūliki i ka mea ma'i.
- ✗ **MAI** ho'okomo i kekahi mea i loko o ka waha.
- ✓ Ua hiki ke ha'awi 'ia nā lā'au lapa'au kōkua inā ua kauoha 'ia e kekahi laekahi mālama olakino

Ho'onui a'e i nā 'ike ma: epilepsy.com/firstaid



Hā'awi 'olu'olu 'ia e
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