

Seizure First Aid

If you see someone having a seizure, there are steps you can take to help them. Try and remember that seizures often don't last long and by following these steps, you can make sure the person stays safe.

1. Stay calm

2. Try and remember what **time** the seizure started.



3. Protect the person from anything hard or sharp that might hurt them.



4. Put something soft under the person's head and shoulders, like a pillow or a towel.

5. As soon as you can, roll the person onto their side so they can keep breathing.



6. Talk to the person so they know they have a friend close by.



Don't:

1. Don't try and hold the person down
2. Don't put anything in the person's mouth

Call an ambulance if:

1. The seizure goes for more than 5 minutes
2. They have a second seizure
3. The person has been hurt
4. The person has never had a seizure before
5. You don't know what to do
6. The person is having a seizure in water

