

# 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:

- Try and hold the person down
- Put anything in the person's mouth

## CALL 000 IF:

- The seizure lasts longer than 5 minutes
- They have a second seizure
- They have been hurt
- They have never had a seizure before
- They have a seizure in water
- You don't know what to do