

Helping a Person Having a Seizure



1



Keep the person safe.

Clear area of objects. Move or guide person away from harm to the floor.

2



Make sure the person is breathing properly.

If possible: place something soft under the head and turn it to the side.
Loosen clothing around the neck and remove eye glasses.

3



Time the seizure. Call for help if...

The seizure lasts more than 5 minutes, if there are repeated seizures, or if the person is injured or has difficulty breathing.

4



Stay with the person.

When they wake up, reassure them and offer further help if necessary.

NEVER restrain a person having a seizure.



DO NOT put anything in the mouth, including your fingers, a wallet, or liquids.



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