

# Seizure first aid

## Time the seizure



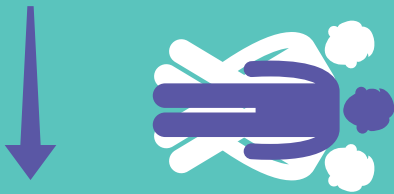
- Time the duration of the seizure
- Let the seizure run its course

## Keep the person away from hazards



- Move any hazards out of the way
- Cushion their head
- Make sure nothing hinders their breathing
- Guide them away from danger (focal seizures)

## Don't restrict their movements



- Don't restrain them
- Don't put anything in their mouth

## Stay with them



- Reassure them
- Stay with them until they have fully recovered
- After the seizure, put them in the recovery position (if they are on the floor)

## Make a record of what happened



- Include what happened before, during and after the seizure

## Call 999 for an ambulance if...



- They have never had a seizure before
- They are not breathing or are blue around the lips
- The seizure lasts more than 5 minutes
- They are not responding after the seizure has stopped
- They have sustained an injury during the seizure