

# How to help someone having a seizure

There are lots of different types of seizure, but no matter the type there are some general ways that **you can help**.

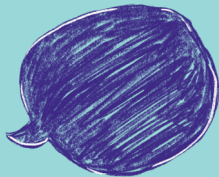


## Time how long the seizure lasts



## Stay with them and make sure they're safe

- Guide them away from any danger
- If they fall over, put something soft under their head
- Stay with them until they've fully recovered



## Be calm and reassure them

- Speak gently and clearly
- Let others know they are having a seizure, and they need space



## Make sure they're okay and haven't hurt themselves

- If it sounds like they're choking, tip them on to their side
- If they fall down during the seizure, wait until it's over, then gently roll them onto their side.



## Listen to how they want to be supported

- Ask them how you can help
- Sometimes people feel better quickly, but other times they might feel tired, confused, or weak.

## Please don't...

- Crowd or film them
- Put things in their mouth
- Hold them down, or try to bring them around

## Only call an ambulance if

- Seizure lasts longer than 5 minutes
- Multiple seizures occur without regaining consciousness
- Trouble breathing or not waking up after the seizure
- Serious injury during the seizure

By understanding what to do when someone is having a seizure, **you're helping to keep them safe.**