First aid for seizures
How you can help if someone has a seizure.

1. **Keep calm**
The person is not in pain. The tongue cannot be swallowed so there is no need to place anything in the mouth. Do not force the jaws apart.

2. **For safety**
   - Remove from the area objects that may cause injury.
   - Place something soft under the head.
   - Do not restrain the person's movements.
   - If a generalised seizure (“Grand mal”) lasts longer than five minutes, call an ambulance.

3. **For recovery**
   - When the seizure has finished, place the person in the recovery position on left side (see below) until recovered or back to normal.
   - Loosen tight clothing.
   - After a seizure the person may be confused. Stay with them and explain what has happened. If appropriate, contact a friend or family member.
   - Seek medical advice following seizure activity if not fully recovered, or you are concerned about their breathing or if they have been injured.

![Above: the recovery position.](image)

This document can be made available in alternative formats on request for a person with a disability.