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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