

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.



Sail 4 Epilepsy

Epilepsy Facts

65 million people worldwide
have epilepsy.

1 in 26 people will develop epilepsy
in their life time.

Epilepsy is a non-contagious brain
disorder with many causes.

2/3 of people with epilepsy are able to
control their seizures with medicine.

www.sailforepilepsy.org

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