

Helping someone who is:

Having a seizure

Key action:

Make them safe and prevent injury.



Recognise what to do:

The person may have collapsed.

Their body may stiffen and they may make sudden jerky movements.

They may also have froth around their mouth.

Steps to take:

Use a blanket or clothing to protect their head from injury. Do not restrain them.

Call 999 if necessary.

After the seizure, help them to rest on their side with their head tilted back.

Supporting knowledge:

Restraining them may hurt you or them. Let the seizure run its normal course.

Putting them on their side with their head tilted back will make sure they keep breathing.

