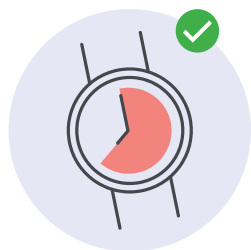


# Seizure first aid

This is a general guide for seizure first aid. If the person you are with has a seizure response plan that you know of, follow it.

If you are in doubt, call “999”

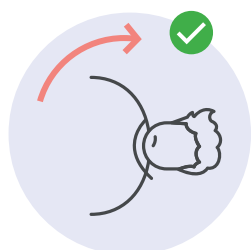
## Do



Time the seizure



Cushion their head

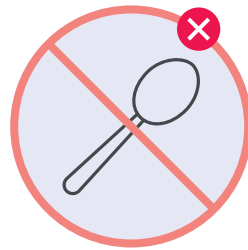


Roll them on their side if they have something in their mouth or after movement stops

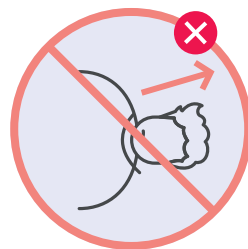


Stay with them

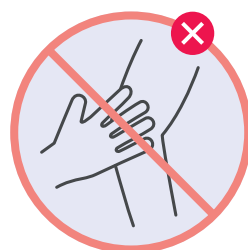
## Do not



Put anything in their mouth



Move them unless they're in danger



Restrain them



Be alarmed if they are confused or uncharacteristically aggressive after a seizure

## When to call “999”

An ambulance usually does not need to be called for a seizure. However, call an ambulance if:

- Their seizure lasts more than five (5) minutes or is two (2) minutes longer than usual for them
- They have breathing difficulties
- They have been injured
- Another seizure has started with no recovery time between seizures
- They are unresponsive five (5) minutes after seizure stops

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