

seizure?

epilepsy
society

you can help

time the seizure

cushion their head

- ✗ don't move them
unless in a dangerous place
- ✗ don't hold them down
- ✗ don't put anything in their mouth

put them in the recovery position
after they stop shaking

stay with them until they recover
and their breathing is normal



ambulance?

999

if the seizure is longer than 5 minutes

if another seizure starts straight after the first

if breathing is difficult after the seizure stops

if they are injured

no collapse?

Some people have seizures where
they are blank or confused, wander
around, or make strange movements

keep them safe
speak quietly and calmly

epilepsysociety.org.uk



helpline

01494 601 400

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Information and emotional support.

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