

## Collapsed & shaking? Epileptic seizure?

epilepsy  
society

- keep calm and cushion their head
- if the seizure lasts 2 minutes more than is usual for them, or if you don't know how long their seizures last, call for an ambulance
- put them into the recovery position **after** the shaking stops
- stay with them until they recover and their breathing goes back to normal



*recovery position*

- **don't** hold them down
- **don't** put anything in their mouth
- **don't** move them unless they are in direct danger
- **if in doubt, call 999 for an ambulance**

## Find out more

Not everyone collapses and shakes in an epileptic seizure. Some people go blank, wander around or seem confused. Stay with them, speak calmly, and keep them safe until they recover.

See our website for more about epilepsy, first aid, and the recovery position:  
**[epilepsysociety.org.uk](https://epilepsysociety.org.uk)**

We support people with epilepsy, their carers, family, and friends:  
**[epilepsysociety.org.uk/carers](https://epilepsysociety.org.uk/carers)**

# Helpline **01494 601 400**

**Confidential, national call rate.  
Information and emotional support.**