

Seizure First Aid

Protect the person safely during a convulsion

During a seizure

- Stay with the person and note the start time.
- Move dangerous objects away and cushion the head.
- Loosen tight clothing around the neck.
- After jerking stops, place the person on their side if breathing normally.
- Allow recovery and reassurance.

Do NOT

- Do not restrain the person.
- Do not put a spoon, fingers, water or medicine into the mouth during the seizure.

Seek emergency help if the seizure lasts 5 minutes or more, repeats without recovery, occurs in pregnancy, follows major injury, causes breathing difficulty, happens in water, or is the person's first known seizure.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.