

**Seizure First Aid**

When someone has a seizure, knowing what to do can make all the difference. Whether you're a friend, family member, coworker, or stranger, your actions can help keep someone safe and calm during a seizure.

** What To Do If Someone Has a Seizure**

If they are having a convulsive (tonic-clonic) seizure:

•  Stay calm – try and stay calm and reassure those around you.

•  Time the seizure – If it lasts more than 5 minutes, call emergency services.

•  Protect their head – Place something soft like a jumper or hoodie under their head.

•  Keep them safe – Move any dangerous objects away (sharp items, furniture, etc).

•  Do NOT restrain them – Let the seizure happen. Stay close and reassuring.

• Do NOT put anything in their mouth – They cannot swallow their tongue, but this can cause harm.

• Loosen tight clothing – Especially around the neck, to help with breathing.

• Turn them on their side when the seizure ends – This helps keep their airway clear.

•  Stay with them until fully recovered – Let them rest and explain what happened calmly.

** After the Seizure**

• Stay calm and speak gently — they may feel confused, tired, or emotional.

• Give them time to recover and offer support or privacy if they need it.

•  Let them know they’re not alone.

For more information visit [www.purpledayss.com](http://www.purpledayss.com)

** Call emergency services if:**

• The seizure lasts more than 5 minutes.

•  They have another seizure straight after.

•  They are injured, pregnant, or diabetic.

•  They have trouble breathing or don’t wake up.

•  It's their first ever seizure.