

Seizures

Body & health

What to do, what not to do, and when a seizure becomes an emergency.

Educational reference for a generalised tonic-clonic seizure.

1

Note the time

Duration determines whether it is an emergency.

2

Clear the area

Move hard or sharp objects. Cushion the head.

3

Do not restrain

Never hold them down, and never put anything in the mouth.

4

Recovery position afterwards

Once movements stop and they are breathing.

5

Stay until they are oriented

Confusion afterwards is normal and can last many minutes.

CALL EMERGENCY SERVICES IF

Longer than 5 minutes

A second seizure follows immediately

It is their first ever seizure

They are injured, pregnant, or do not regain consciousness

Educational reference. Nobody can swallow their tongue. Putting anything in the mouth causes injury.