

Epileptic seizure first aid

If you are with someone having a tonic-clonic seizure (where the body stiffens, followed by general muscle jerking), try to:

- Stay calm and remain with the person.
- If they have food or fluid in their mouth, roll them onto their side immediately.
- Keep them safe and protect them from injury.
- Place something soft under their head and loosen any tight clothing.
- Reassure the person until they recover.
- Time the seizure, if you can.
- Gently roll the person onto their side after the jerking stops.

Do not put anything into their mouth or restrain or move the person, unless they are in danger.