

Seizure? Stay calm.

Most seizures stop on their own within 1–3 minutes. Your job: keep them safe until it ends.



The Tract
Patients & families

1



Stay, and note the time

Check when it started. Ask someone to film it on a phone; the video helps the doctor a lot.

2



Make the space safe

Move hard and sharp things away. Something soft under the head, and loosen anything tight at the neck. Don't hold the limbs.

3



On their side

When the jerking stops, turn them on their side, mouth down. Stay and talk calmly until they're fully awake.

Call an ambulance now if:

KSA ambulance 997 • UK 999 • US 911 • EU 112

- The seizure lasts **5 minutes or more**
- A second seizure starts before they wake
- Breathing is difficult, or they don't wake after
- It is their first ever seizure
- It happened in water, or they were injured
- They are pregnant or have diabetes
- It is different from their usual seizures
- You gave rescue medicine

Don't

- ✗ **Put anything in their mouth.** Nobody swallows their tongue; a spoon breaks teeth and can block breathing.
- ✗ **Hold their arms and legs.** It won't stop the seizure and can break a bone.
- ✗ **Use onion, a key in the hand, or water.** None of them stops a seizure.
- ✗ **Give water, food or medicine by mouth** until they're awake and swallowing well.
- ✗ **Move them** unless they're in danger: road, fire, water.

Afterwards, this is expected

- ✓ Deep sleepiness and confusion for minutes or hours
- ✓ Headache and aching muscles
- ✓ A bitten tongue or wetting themselves
- ✓ Breathing pauses for seconds while stiff, then returns by itself

Tell the doctor

- ✓ How it started, how long it lasted, and the video if you have one

Patient card

Name: _____

Usual seizures: _____

Rescue medicine: _____

When to give it: _____

Doctor's number: _____

Family number: _____



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