

How can I help someone HAVING A SEIZURE

When Roxy's friend Sipho has a seizure, she knows that she must...



Time how long the seizure lasts.



Cushion his head and protect his body from further injury.



Loosen any tight clothing and remove his glasses.



Turn Sipho onto his left side into the recovery position.



Stay with him and reassure him until he has fully recovered.



Call an ambulance if Sipho's seizure lasts longer than 6 minutes.



NEVER move Sipho or pick him up unless he is in direct danger.



NEVER put anything like a spoon in his mouth or burn anything in front of his nose.



NEVER give him anything to eat or drink or give him any extra medication.



But Roxy knows that she should...



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