



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

Helping a person having a seizure

#1

Lay the person down, **on their side**, head turned to help breathing

#2

Ensure the person is **breathing properly** — loosen clothing around the neck
(Remove eye glasses)



#3

Place something soft **under the head**

#4

Stay with the person until the seizure stops and they wake up

#5

Do NOT: restrain the person or put anything in their mouth



#UHCares

Source: WORLD HEALTH ORGANIZATION ADVISORY

Trunkline: (046) 481-1900



- ★ UHC WEST CLINIC (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST CLINIC (JFH 108) loc no: 3100
Mon - Fri 8:00 am - 8:00 pm
- ★ HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC ULS CLINIC loc no: 3132
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm



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