

# What to do if you see a person having a seizure?

01



Turn the person to his/her side.  
This will help the person breathe

02



Clear the surrounding area, remove any dangerous articles to prevent any injury

03



Do not restrain the person.  
Loosen any tight clothing

04



Cushion the person's head

05



Do not place anything in the mouth or try to force the teeth apart

06



Do not give anything to eat or drink

07



Refer the person to the doctor at the earliest for appropriate treatment

## Say Hi To Healthy Life

#SwasthMannSwasthJeevan | Mental Health Care Act, 2017



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