



SEIZURE FIRST AID



Time

How long the seizure lasts



Protect

Protect from injury & danger
Support/cushion head
Roll onto side if unconscious
Redirect if confused



Reassure

Keep calm and explain what has happened



Stay

Stay until person is alert or support arrives

Call 000

or 112 from mobiles

Call an ambulance if
Seizure is longer than
5 minutes

Second seizure follows

Seizure occurs in water

Breathing is impaired

It's the person's first
seizure

As per management
plan



DON'T

DON'T restrain them

DON'T put anything in mouth

DON'T give any food or drink