



SEIZURE FIRST AID



Time

How long the seizure lasts



Protect

Protect from injury and danger
Remove anything harmful
Support or cushion head



Roll

Roll onto side if not aware
and awake
Keep airway clear



Reassure

Keep calm and explain what
has happened



Stay

Stay until person is alert or
support arrives

Call 000

Call an ambulance
000 or 112 from mobiles

A seizure is a medical
emergency if...

Seizure is longer than
5 minutes

Second seizure follows

Seizure occurs in water

Breathing is impaired

It's the person's first
seizure



DON'T

DON'T restrain them

DON'T put anything in mouth

DON'T give any food or drink