

Seizure First Aid



TIME the seizure

PROTECT from injury

ROLL onto side if unconscious

SUPPORT head if seated

REDIRECT if confused

REASSURE and re-orientate

STAY with the person

DO NOT restrain

DO NOT put anything in mouth

DO NOT give any food or drink until recovered

**CALL AN
AMBULANCE
000**

or 112 for mobile phones

- As per management plan
- Seizure longer than 5 minutes
- Second seizure follows
- Seizure occurs in water
- Person is eating or drinking
- Person's first seizure