

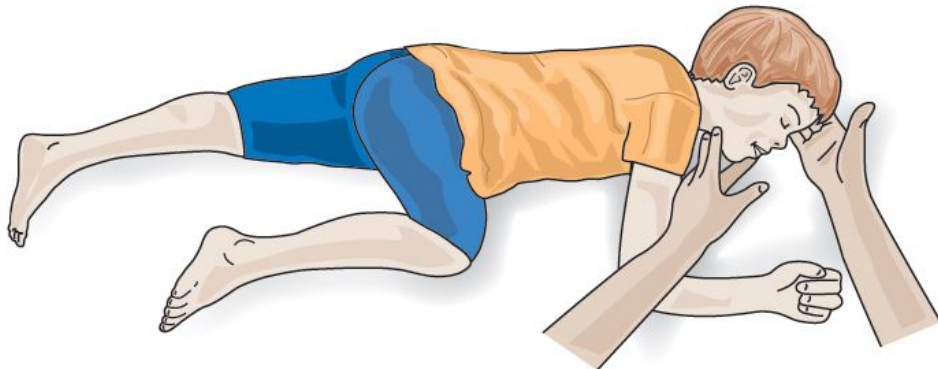
First Aid for seizures

Convulsive seizure = Uncontrolled jerking of limbs and body with or without loss of consciousness

1. Note time of onset, duration and a brief description of the seizure.

First Aid

- Keep calm
- Don't try to restrain the child's movements, remove objects that can cause harm
- Do not insert fingers/objects into the child's mouth
- Gently roll onto their side (recovery position) as soon as possible
- If the child stops breathing or turns blue at any stage call **000** for an ambulance



2. If the convulsive seizure lasts longer than **five** minutes, call **000** for an Ambulance
3. **Stay with the child at all times and continue to monitor breathing and colour until the ambulance arrives.**



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