

First aid for seizures

How you can help if someone has a seizure.

1. Keep calm

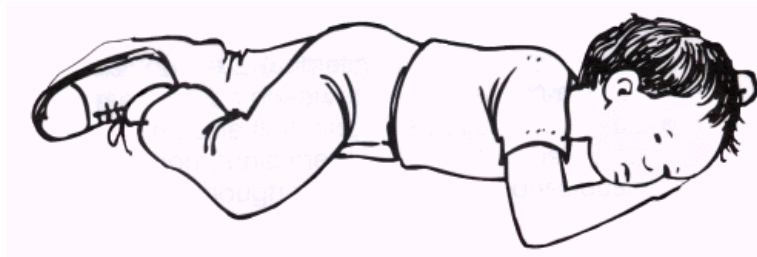
The person is not in pain. The tongue cannot be swallowed so there is no need to place anything in the mouth. Do not force the jaws apart.

2. For safety

- Remove from the area objects that may cause injury.
- Place something soft under the head.
- Do not restrain the person's movements.
- If a generalised seizure ("Grand mal") lasts longer than five minutes, call an ambulance.

3. For recovery

- When the seizure has finished, place the person in the recovery position on left side (see below) until recovered or back to normal.
- Loosen tight clothing.
- After a seizure the person may be confused. Stay with them and explain what has happened. If appropriate, contact a friend or family member.
- Seek medical advice following seizure activity if not fully recovered, or you are concerned about their breathing or if they have been injured.



Above: the recovery position.

This document can be made available in alternative formats on request for a person with a disability.

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