

SEIZURE FIRST AID

epilepsy.org.nz



Be calm

Remove danger

Always time seizure

If person has fallen protect from injury

Never restrain

Seek medical assistance if in doubt



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SEIZURE? IF IN DOUBT CALL 111

If the following occurs

- There is food/fluid/vomit in mouth
- Person has breathing difficulties after jerking stops

- Another seizure quickly follows
- Seizure lasts longer than 5 minutes
- The person is non-responsive for more than 5 minutes after the seizure ends

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DON'T

- Put anything in the person's mouth
- Restrain the person
- Move person unless in danger

DO

- Time seizure
- Stay with the person
- Protect from injury; move things out of the way and cushion the head
- Roll onto side after jerking stops OR Immediately if food/fluid/vomit in mouth
- Observe and monitor breathing
- Reassure and stay with the person until they have recovered



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