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## SEIZURE - FIRST AID

### Collapsed & Shaking? Epilepsy Seizure?

- Cushion person's head
- Note the time
- Roll the person into stable side position when convulsions have ceased
- Stay with the person until fully aware

#### Stable side position



**DON'T** put anything in mouth, restrain or move unless in danger

#### Call ambulance on 111 when:

- You don't know person has epilepsy
- Seizure exceeds 5 minutes
- Second seizure follows
- Person is injured
- In doubt



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