EPILEPSY FIRST AID

SEIZURE FIRST AID

• Note the time the seizure started until it ends
• Protect the head – if available use a cushion
• Remove any hard objects that could cause injury
• Do not attempt to restrain the person, stop the jerking or put anything in their mouth
• As soon as possible roll the person onto their side
• Talk to the person to make sure they have regained full consciousness
• Stay with and reassure the person until they have recovered.

CALL 000 FOR AN AMBULANCE IF

• You don’t know the person or there is no carer with them
• The seizure lasts for 5 minutes
• The seizure stops but the person does not regain consciousness within 5 minutes
• Another seizure begins
• A serious injury has occurred, if it occurs in water, or if you believe the person is pregnant.

Epilepsy Tasmania is a not-for-profit community organisation improving the quality of life of Tasmanians with epilepsy, and those around them, through education, coordination and support.

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