

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.