

# 'FITTING' - HOW TO HELP

## ✓ WHAT TO DO

- ✓ STAY CALM
- ✓ STAY WITH THE PERSON
- ✓ TIME THE PERSON'S FIT
- ✓ KEEP THE PERSON SAFE
- ✓ PLACE SOMETHING SOFT UNDER THEIR HEAD
- ✓ LOOSEN ANYTHING AROUND THEIR NECK
- ✓ ROLL THE PERSON ON THEIR SIDE - AFTER JERKING STOPS **OR** IMMEDIATELY IF VOMITED
- ✓ RESPECT THE PERSON'S PRIVACY
- ✓ WATCH THEM & STAY UNTIL THEY RECOVER

## ✗ DO NOT!

- ✗ DON'T PUT ANYTHING IN THEIR MOUTH
  - ✗ DON'T HOLD THE PERSON DOWN
  - ✗ DON'T MOVE THE PERSON UNLESS IN DANGER
- IN THE UNLIKELY EVENT RESUSCITATION IS NECESSARY, COMMENCE ONCE JERKING STOPS**

**NOTE:** IF FITTING OCCURS WHILE THE PERSON IS BUCKLED IN A SEAT, SUPPORT THEIR HEAD AND LEAVE SAFELY BUCKLED IN SEAT UNTIL JERKING STOPS. IF THERE IS FOOD, WATER OR VOMIT IN THEIR MOUTH, REMOVE THE PERSON FROM THE SEAT AND ROLL ONTO THEIR SIDE IMMEDIATELY.



SUPPORTED BY THE ABORIGINAL BENEFITS FOUNDATION

## CALL 000 OR THE CLINIC:

- IF YOU ARE IN ANY DOUBT
- IF THE FITTING OCCURS IN WATER
- IF YOU ARRIVE AFTER THE FIT HAS STARTED
- IF THE JERKING LASTS LONGER THAN 5 MINUTES **OR** IF LONGER THAN NORMAL FOR THAT PERSON
- IF ANOTHER FIT FOLLOWS QUICKLY
- IF AN INJURY HAS OCCURRED
- IF FOOD, DRINK OR VOMIT IS IN THE PERSON'S MOUTH DURING THE FIT
- IF THE PERSON HAS BREATHING DIFFICULTY AFTER THE JERKING STOPS
- IF THE PERSON HAS DIABETES
- IF THE PERSON IS PREGNANT & IS HAVING A FIT
- IF IT IS THE PERSON'S FIRST KNOWN FIT

**CONTACT EPILEPSY ACTION: AUSTRALIA-WIDE SERVICES  
1 300 37 45 37 - WWW.EPILEPSY.ORG.AU**



MEDICAL INFORMATION AND KNOWLEDGE CHANGES RAPIDLY AND YOU SHOULD CONSULT YOUR DOCTOR FOR MORE DETAILS. THIS IS NOT MEDICAL ADVICE AND YOU SHOULD NOT MAKE ANY MEDICATION OR TREATMENT CHANGES WITHOUT CONSULTING YOUR DOCTOR.