

# First-Aid for Seizures



**If someone near you has a seizure:**

- ✓ Try to stay calm
- ✓ Stay with the person
- ✓ Make sure they're safe by moving any hard objects away (like chairs or tables)
- ✓ Put something soft under their head (like your bag or jumper)
- ✓ Ask someone to quickly get an adult



- ✗ Don't put anything in their mouth
- ✗ Don't try to stop their body from moving

**Most important things to remember if a seizure happens:**

1. Stay with the person
2. Keep them safe
3. Get an adult



**If there is no adult around, call an ambulance.**

**Call 000**

for more information visit:

**[www.epilepsy.org.au](http://www.epilepsy.org.au)**