

# First-Aid for Seizures

# PURPLE UP!



## 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