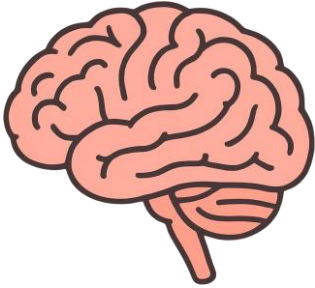


## SEIZURE FIRST AID

### Seizures



- A seizure happens in the brain
- Seizures can happen at any time
- Seizures can change the way someone moves or acts for a short time
- Most seizures stop by themselves.

## WHAT YOU SHOULD DO



You should:

- Stay with the person
- Stay calm
- Time the seizure

Look at a clock or your phone

## Keep the person safe



- Protect their head
- Move things away

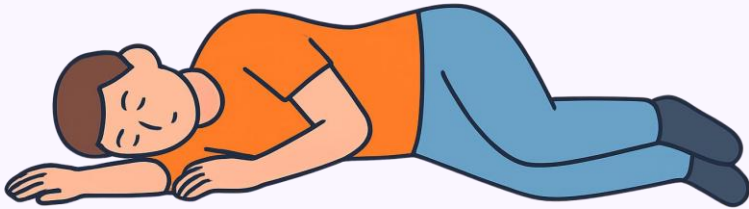
This helps stop injury.

## THINGS YOU MUST NOT DO



- DO NOT put anything in the person's mouth
- DO NOT hold the person down
- DO NOT move the person unless they are in danger

## AFTER THE SEIZURE



When the seizure stops:

- Roll the person on their side
- This is called the recovery position
- This makes it easier to breathe



## Check breathing

You should:

- Watch their breathing
- Make sure they are breathing okay
- Stay with them.

# WHEN TO CALL AN AMBULANCE

Call an ambulance, 000, if:



- You are not sure what to do, or if:
- The person is hurt
- The seizure happens in water
- The seizure lasts more than 5 minutes or does not wake up
- Another seizure happens straight away
- The person has trouble breathing

## Important information

Seizures usually stop by themselves

You can help by:

- Staying with the person
- Staying calm
- Keeping them safe

Contact us



Call **1300 37 45 37** or

Email [epilepsy@epilepsy.org.au](mailto:epilepsy@epilepsy.org.au) or

Visit our website



**[Book a telehealth appointment with an epilepsy nurse](#)**