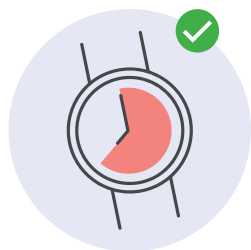


Seizure first aid

This is a general guide for seizure first aid. If the person you are with has a seizure response plan that you know of, follow it.

If you are in doubt, call “000”

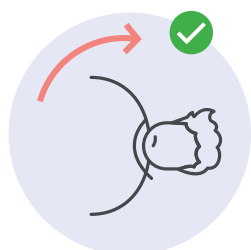
Do



Time the seizure



Cushion their head

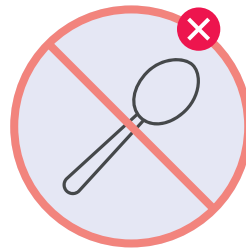


Roll them on their side if they have something in their mouth or after movement stops

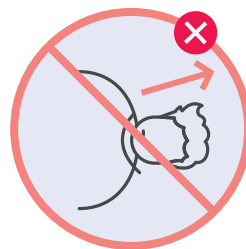


Stay with them

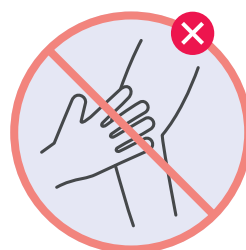
Do not



Put anything in their mouth



Move them unless they're in danger



Restrain them



Be alarmed if they are confused or uncharacteristically aggressive after a seizure

When to call “000”

An ambulance usually does not need to be called for a seizure. However, call an ambulance if:

- Their seizure lasts more than five (5) minutes or is two (2) minutes longer than usual for them
- They have breathing difficulties
- They have been injured
- Another seizure has started with no recovery time between seizures
- They are unresponsive five (5) minutes after seizure stops