

First aid for epileptic seizures

To help someone having a tonic-clonic seizure, you don't have to be an expert. All you have to do is **CARE**.



You can find out more about seizure first aid at:

epilepsy.org.uk/firstaid

You can find out about other seizure types at:

epilepsy.org.uk/seizures



COMFORT

Cushion their head with something soft, to protect them from injury



ACTION

Begin to time the seizure, and clear the area of anything potentially harmful. You could also check if the person has any medical ID or bracelet with more information on how to help



REASSURE

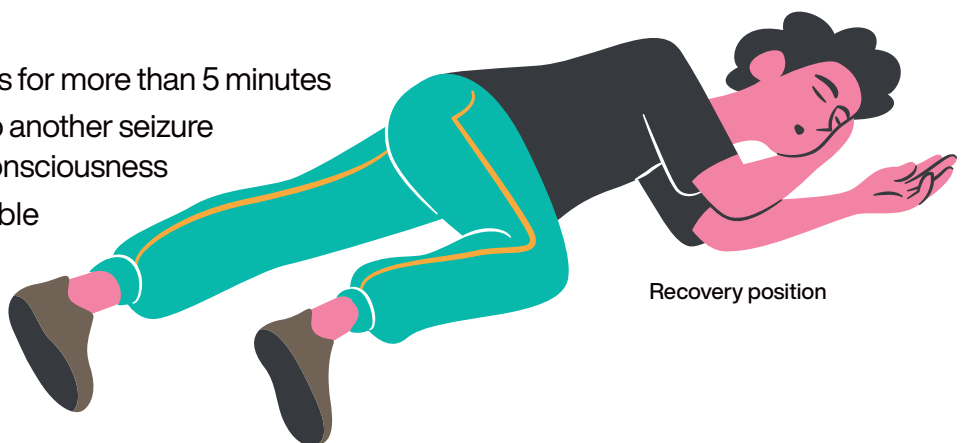
When the seizure has stopped, place them in the recovery position, stay with them and reassure them as they come round



EMERGENCY

Call 999 if:

- the seizure continues for more than 5 minutes
- the person goes into another seizure without regaining consciousness
- the person has trouble breathing after the seizure
- the person has never had a seizure before
- the person is injured



Recovery position

B148B.06

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REGULATOR

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A donation of just £4 helps us to provide vital first-aid training and information to those who need it. You can help at epilepsy.org.uk/donate

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