

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**.



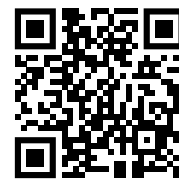
COMFORT

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



You can find out more about seizure first aid at: epilepsy.org.uk/firstaid



REASSURE

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

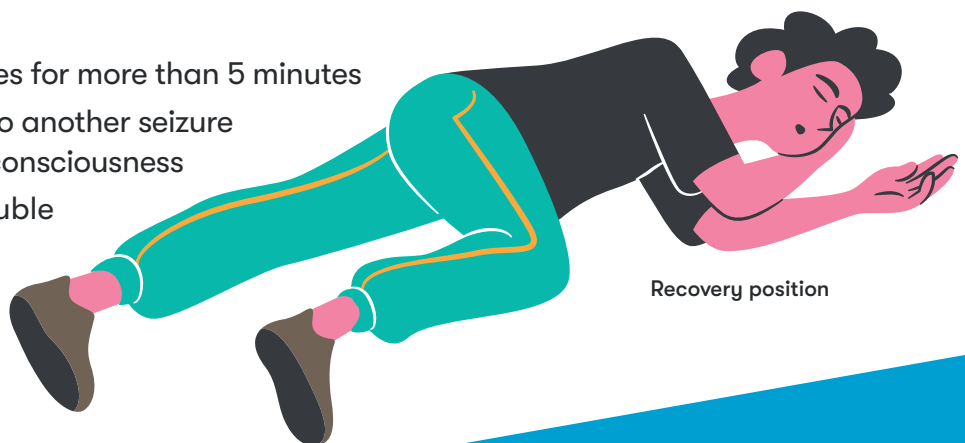
You can find out about other seizure types at: epilepsy.org.uk/seizures



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

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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

Epilepsy Action makes every effort to ensure the accuracy of its information, but cannot be held liable for any actions taken based on this information.

To tell us what you think of this poster, go to epilepsy.org.uk/feedback

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