

EPILEPSY IS MORE THAN SEIZURES
SUPPORT OUR CALL FOR:

INCREASE IN
RESEARCH
FUNDING

CAMPAIGNS TO
EDUCATE AND
END STIGMA



APPROPRIATE
SOCIAL
LEGISLATION

ACCESS TO
TREATMENT
AND CARE

SEIZURE FIRST AID

WHAT YOU SHOULD DO:

- Protect the person from injury and remove harmful objects
- Cushion the person's head
- Gently place the person in the recovery position when the seizure has finished
- Stay with them until recovery is complete (5-20 minutes)
- Calmly reassure the person

WHAT YOU SHOULD NOT DO:

- Do not panic or walk away
- Do not hold down or restrain the person's movements
- Do not put anything in the person's mouth - it is a myth that they can swallow their tongue
- Do not try to move the person unless they are in danger
- Do not give the person anything to eat or drink until fully recovered

CALL FOR AN AMBULANCE IF...

- You know it is the person's first seizure, or
- The seizure continues for more than five minutes, or
- One seizure follows another without the person regaining consciousness between seizures, or
- The person is injured during the seizure, or
- You believe the person needs urgent medical attention.

