

FIRST AID FOR SEIZURE

A Team Vera Initiative

WITHIN THE FIRST 5 MINUTES OF SEIZURE



Stay Calm



Move harmful objects away



Cushion their head



Turn them on their side



Time the seizure



Reassure them afterwards

THINGS NOT TO DO



Don't put anything in the mouth



Don't restrain them



Don't crowd or film them

CALL EMERGENCY HELP IF...

- Seizure lasts more than 5 minutes
- Another seizure starts immediately
- Breathing difficulty continues
- Injury occurs
- Seizure happens in water
- Person does not regain consciousness



CALL 102/108



[vera.epilepsy](https://www.instagram.com/vera.epilepsy)