

Seizure First Aid

DO STAY CALM

DO allow plenty of space

DO protect from injury

DO loosen anything tight around neck

DO put something soft under head

DO turn on side to prevent choking

DO offer support and allow rest

NEVER put anything in mouth

NEVER restrain

CALL an ambulance if seizure lasts more than 5 minutes



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1 in 100 people have epilepsy.

Would **YOU** know what to do if someone had a seizure?

Headway Victoria Epilepsy and Parkinson's Centre offers support and services for those living with and affected by epilepsy. We provide education and seizure first aid training for community members; promoting awareness, reducing risk, and encouraging inclusive environments.

Learn more at www.headwayvictoria.com



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