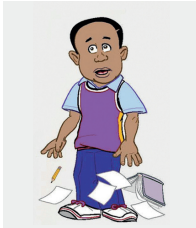


**FIRST AID**

Learn to recognise common symptoms of seizures:



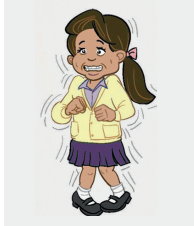
staring and unresponsiveness



confusion



jerks and twitches



shaking or falling



wandering



picking or lip smacking



For further information, scan the QR code or visit:  
[thevoiceforepilepsy.co.uk](http://thevoiceforepilepsy.co.uk)



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## First aid dos



**1** Watch the person carefully to recognise the seizure



**2** Calmly explain the situation to others



**3** Time the seizure



**4** Clear hazardous objects and keep the area safe



**5** Cushion person's head, removing eyeglasses and any tight clothing



**6** Place the person on their side



**7** Stay with the person until they regain complete consciousness or until help arrives



**8** Speak quietly and calmly to the person



**9** Call ambulance if the seizure lasts more than five minutes or results in an injury

## First aid don'ts



**1** Don't put anything in the person's mouth



**2** Don't panic



**3** Don't restrain the person or try to stop the movements



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