

Epilepsy seizure first aid

DO or DON'T card sort

Cut out each of the cards below and sort them into two piles - one containing pictures that show things you should **DO** to help someone who is having a seizure, and another for the pictures that show things you **DON'T** do.



DO



Time how long the seizure lasts

DON'T



Panic

Put the person on their side immediately



Put something soft under the person's head



Try to bring the person around



Send for help



Hold the person down to stop them hurting themselves



Move the person away from any objects that could cause harm



Call an ambulance immediately



Stay with the person until they are fully recovered and reassure them