






Epilepsy seizure first aid





DO or DON'T?

Look at the pictures below and decide if each one shows something you **DO** or **DON'T** do to help someone who is having a seizure. Write **DO** or **DON'T** in the last column.



Action	Picture	DO or DON'T?
Call an ambulance immediately		
Panic		
Put something soft under the person's head		
Try to bring the person around		
Send for help		

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Action	Picture	DO or DON'T?
Hold the person down to stop them hurting themselves		
Put the person on their side immediately		
Move the person away from the chair to avoid harm		
Time how long the seizure lasts		
Stay with the person until they are fully recovered and reassure them	