






Epilepsy seizure first aid





DO or DON'T and why?

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. Try to give a reason for each of your answers.



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

Epilepsy seizure first aid

Action	Picture	DO or DON'T?	Reason
Hold the person down to stop them hurting themselves			
Immediately put the person on their side			
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	