



Help with seizures

You could see or hear



Looks vacant

Jerky movements

Shaking

Eyes – rolling or staring

Clenched jaw

Loss of bladder control

You could do



Check if area is safe
so no one is hurt



Roll on their side (if easy to do)
to make breathing easier



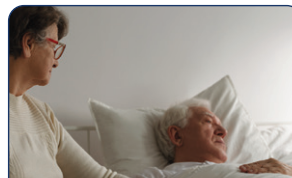
Do not hold
them down



Make them comfortable
- put something soft
under their head,
loosen tight clothes



Protect yourself - do
not touch their mouth



Provide reassurance
and stay with them



Give medicine as
prescribed

Other things

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If you need help



Service name:

T: