



Help with fitting

See and hear



Spaced out

Jerky movements

Shaking

Eyes – rolling and staring

Clenched jaw

Weeing

Do



Check area is safe so no one is hurt



Put something soft under their head



Roll on their side (if possible) to make breathing easier



Do not hold them down



Protect yourself – do not touch their mouth



Give medicine as prescribed



If fitting lasts more than 5 minutes, call for help.

Talk, stay, connect...



Special things

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Need help? Ring the clinic.

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