

EPILEPSY SEIZURE FIRST AID

Experience
One  WELLNESS

How to help someone having a seizure

1 **STAY** with the person until they are awake and alert after the seizure.

- ✓ **Time** the seizure
- ✓ Remain **calm**
- ✓ **Check** for medical ID



2 Keep the person **SAFE**

- ✓ **Move** or guide away from harm



3 Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep airway **clear**
- ✓ **Loosen** tight clothes around neck
- ✓ Put something **small and soft** under the head



4 **CALL** for medical help if:

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

DO NOT

Rescue medicines can be given if prescribed by a health care professional

- ✗ **Do NOT** restrain.
- ✗ **Do NOT** put any objects in their mouth.

If you are being treated for Epilepsy, let HR or your line manager know so that you can get the right help if you need it at work. LifeAssist offers health coaching and counselling for those who live with epilepsy personally, at home, or in the workplace. Privacy and Confidentiality is assured.

Call Lifeassist to find out how you can get help.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
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