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# Epilepsy

## First Aid: What to Do During a Seizure



If a child has a tonic-clonic seizure/generalised seizure, remaining calm and following these steps will keep them safe.

**Most seizures stop on their own within 1 to 3 minutes.**



### 1 Time the Seizure

- Look at your watch or a clock immediately.
- Note the exact time the seizure started.
- Knowing the duration is vital for medical staff.



### 2 Keep the Child Safe

- **Clear the area:** Move away hard, sharp, or hot objects (like furniture or toys).
- **Protect their head:** Place something soft under their head (such as a folded jacket, cushion, or jumper).
- **Loosen tight clothing:** Loosen anything around their neck, like a school tie or top buttons.
- **Do NOT restrain them:** Let the seizure run its course. Never try to hold them down or stop their movements.
- **Do NOT put anything in their mouth:** It is a myth that people can swallow their tongue. Objects can cause injury or block the airway.



### 3 Roll Into the Recovery Position (Once Shaking Stops)

- **Roll them onto their side:** As soon as the jerking movements stop, gently roll the child into the recovery position.
- **Clear the airway:** Ensure their mouth is clear and their head is tilted slightly back to help them breathe easily.
- **Stay close:** Keep a close eye on their breathing.



### 4 Comfort and Reassure

- **Stay until they are fully awake:** Children are often confused, frightened, or very tired when coming out of a seizure.
- **Speak softly:** Reassure them that they are safe and that you are right there with them.
- **Do not offer food or water:** Wait until they are completely awake, alert, and tracking normally before letting them drink.



### When to Call an Ambulance (000)

**Call 000 immediately if:**

- The seizure lasts longer than 5 minutes.
- A second seizure starts immediately after the first one finishes.
- The child does not wake up or regain consciousness after the shaking stops.
- The child has breathing difficulties or appears to be choking.
- The seizure happens in water (e.g., a pool or bath).
- The child is injured during the seizure.
- You know it is the child's very first seizure.

