First Aid for seizures

Convulsive seizure = Uncontrolled jerking of limbs and body with or without loss of consciousness

1. Note time of onset, duration and a brief description of the seizure.

   **First Aid**
   - Keep calm
   - Don’t try to restrain the child’s movements, remove objects that can cause harm
   - Do not insert fingers/objects into the child’s mouth
   - Gently roll onto their side (recovery position) as soon as possible
   - If the child stops breathing or turns blue at any stage call 000 for an ambulance

2. If the convulsive seizure lasts longer than **five** minutes, call 000 for an Ambulance

3. **Stay with the child at all times and continue to monitor breathing and colour until the ambulance arrives.**