



Keeping our mob healthy

Patient's name:

Address:

DOB:

Doctor's/Nurse's signature:

Doctor's/Nurse's name:

Date:

(or attach sticker)

Write down for doctor

What did it look like (were they awake, did they stop breathing)?

When did it **start** and **how long** did it last?

Seizure first aid

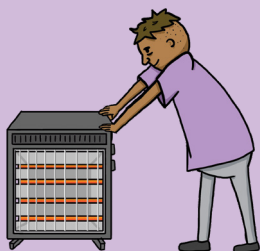
Convulsive seizure is when your limbs and body shake uncontrolled, when awake or unconscious.

1. Keep calm

2. Don't stop them shaking or try to hold them down



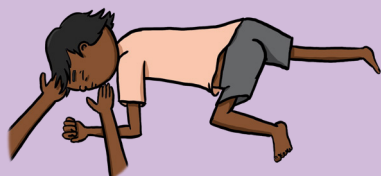
3. Move anything near them away, so they don't get hurt



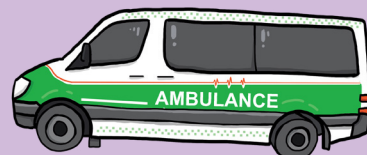
4. Don't put anything in their mouth



5. Gently roll them onto their side (recovery position)



Call 000
If they stop breathing, or lips turn blue
Stay with them till the ambulance comes





Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service

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**This document can be made available in alternative
formats on request for a person with a disability.**

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