

FIRST AID INSTRUCTIONS



What you should do if I have a seizure with convulsions

- Protect my head.
- Do not restrain my movements unless I am in immediate danger.
- Do not put anything in my mouth, especially your fingers.
- Once it is over speak to me and put me on my side so that I can breathe easier.
- Let me rest and reassure me when the seizure is over.

Please note

It is not usually necessary to call for medical attention unless the seizure lasts longer than is usual for me, or if I have one seizure with convulsions after another.

If I have a seizure without convulsions

- Do not restrain me unless I am in immediate danger.
- Reassure me during the period of confusion that may follow my seizure.
- Stay with me until I am fully aware and able to talk to you.

Thank you for your help