

FIRST-AID RESPONSE PLAN FOR EPILEPSY

HOW YOU CAN HELP:

- **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider**
- **Do not leave the person alone until help arrives**
- **Ask bystanders/ students to leave the area**

FIRST-AID PROCEDURE FOR SEIZURES:

- Stay calm, most seizures only last a few minutes
- Prevent injury by moving any nearby objects out of the way
- **Pay attention to the length of the seizure**
- Make the person as comfortable as possible
- Clear the area (ask student/ bystanders to leave the classroom/ area)
- Do not hold the person down
- No **not** put anything into his/her mouth
- Do **not** give the person water, pills, or food until he/she is fully alert
- **If the seizure continues for longer than 5 minutes call Emergency Services 999 or 112** (note: you may need to dial '0' to get an outside line if using a DIT landline)
- Aid breathing by gently placing person in the recovery position once the jerking has stopped
- There may be a risk of vomiting before the person is fully alert. Therefore his/her head should be turned so that any vomit will drain out of the mouth
- Be sensitive and supportive, and ask students/ staff to do the same
- Stay with the person until he/she recovers

If you are a trained first-aider follow training procedures.

[Click here](#) to view further information from Epilepsy Ireland regarding seizures