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EPILEPSY
NEW ZEALAND

Kia titiro ki te tangata / See the person

P.O Box 1074, Waikato Mail Centre, Hamilton 3240
0800 EPILEPSY (0800 37 45 37)
www.epilepsy.org.nz



SEIZURE - FIRST AID

Collapsed & Shaking? Epilepsy Seizure?

- Cushion person's head
- Note the time
- Roll the person into stable side position when convulsions have ceased
- Stay with the person until fully aware

Stable side position



DON'T put anything in mouth, restrain or move unless in danger

Call ambulance on 111 when:

- You don't know person has epilepsy
- Seizure exceeds 5 minutes
- Second seizure follows
- Person is injured
- In doubt



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