

Hilary Thorne
Educator - Southland

DDI: 03 927 8360
M: 027 221 6183
E: southland@epilepsy.org.nz

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



EPILEPSY
NEW ZEALAND

Kia titiro ki te tangata / See the person



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



*Epilepsy New Zealand is a registered trademark of
Epilepsy Association of New Zealand Inc.*