

'l'association pour le bien-être des enfants handicapés'

premiers secours en cas de crise d'épilepsie

step1
Calm
Stay Calm
Reassure the person is safe

step2
Record
Record the time and the situation
Keep crowd away

step3
Protect
• Cushion the head.
• Loosen tight clothing.
• Do not put anything in the mouth.
• Do not restrain the body.

step4
observe
When seizures stop, observe and turn the body in the recovery position. Ensure smooth breathing.

step5
Recover or Call 15
TWO situations:
(1) Total recovery and back to normal
(2) Seizures cont.

if seizures continue for **more than 5 mins** or a second seizure occurs!!