

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

# premiers secours en cas de crise d'épilepsie

**step 1**  
**Calm**  
Stay Calm  
Reassure the person is safe

**step 2**  
**Record**  
Record the time and the situation  
Keep crowd away

**step 3**  
**Protect**  
• Cushion the head.  
• Loosen tight clothing.  
• Do not put anything in the mouth.  
• Do not restrain the body.

**step 4**  
**observe**  
When seizures stop, observe and turn the body in the recovery position. Ensure smooth breathing.

**step 5**  
**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!!