



Seizure First Aid



Name:

Date:



Did you know that 1 in 100 people have epilepsy?

That means there are a lot of people who are living with epilepsy and there is a good chance that you will know or meet someone with epilepsy. That's why it's important to be seizure aware, so those living with epilepsy can be seizure safe.

Answer the questions below.

1. If there was a student in your class or school with epilepsy, how can you help them?

2. How did Raoul help Jack when he had a seizure at the climbing wall? Can you list the main seizure first aid steps?

3. What should you not do if someone is having a seizure?
