

WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

SEIZURES

SIGNS AND SYMPTOMS

- Unresponsive
- Starts to shake uncontrollably
- Remains asleep following the shaking
- May dribble from the mouth or wet their pants

A seizure is a response to a sudden activation of neurological electricity in the brain that causes all or parts of the body to shake. The patient then becomes temporarily unresponsive.



WHAT YOU SHOULD DO:



1. During the seizure protect the patient from falling or banging into objects that may harm them. Use something soft like pillows to support the head and shoulders.



2. Monitor the patient until the seizure has stopped. Sometimes, the patient will keep seizing for more than 5 minutes. This is a medical emergency. Call for an ambulance on 111 or get urgent medical help.



3. If the seizure ends, allow the patient to sleep. Put them in the recovery position. Continue DRSABC.

WHAT YOU SHOULD NOT DO:

- ❌ Do not pour water on them.
- ❌ Do not burn patient.
- ❌ Do not put anything in the patient's mouth. By rolling the patient into the recovery position the airway will remain open.
- ❌ Do not try to restrain the person or stop the jerking.
- ❌ Do not move the person unless they are in danger.