

SEIZURE

FIRST AID



WHEN SWIMMING

Factors to consider include:

- Type of seizure/epilepsy. First aid may differ depending on seizure type
- Swimming ability
- Location – pool, lake or beach
- Lifeguards, supervisors or other support

If a seizure occurs **IN** water:

- Support the head and keep face out of water
- Tilt head back to ensure a clear airway
- Guide away from edge of the pool to avoid injury
- Call out for assistance
- Remove the person from the water when the seizure stops. If the seizure is prolonged seek assistance to remove the person from water

If a seizure occurs **OUT** of the water:

- Depending on the seizure type, place person on side in recovery position

Always call an ambulance (000) even if the person appears to be fully recovered. The person will require medical observation in a hospital facility to ensure water has not been inhaled into the lungs.

Note: This factsheet should be read in conjunction with the Seizure First Aid Poster. Always seek advice from your doctor before swimming if you experience seizures.