

Seizure first aid

What to do if someone has a seizure: when swimming



Factors to consider:

- Type of seizure: First aid may differ depending on seizure type
- Swimming ability
- Location- pool, lake or a beach
- Lifeguards, supervisors or other support

If a seizure occurs IN the 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 a recovery position

ALWAYS CALL FOR 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 poster should be read in conjunction with the Seizure First Aid Poster. Always seek advice from your doctor before swimming if you experience seizures.

Emergency Services 000

National Epilepsy Support Service 1300 761 487

Website epilepsysmart.org.au



Australian Government
Department of Health

The Epilepsy Smart Australia Program received funding from the Australian Government.

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