**Volunteer care plan**

**Name**:

**Date of Birth**:

**Medical condition(s)**:

**Emergency contact**:

**Action to be taken in the event of a seizure**

* move them away from anything that could cause injury – such as a busy road or hot cooker
* cushion their head if they're on the ground
* loosen any tight clothing around their neck – such as a collar or tie, to aid breathing
* when their convulsions stop, turn them so that they're lying on their side
* stay with them and talk to them calmly until they have recovered
* note the time the seizure starts and finishes

Don’t put anything in the person’s mouth, including your fingers. They may bite their tongue, but this will heal. Putting an object in their mouth could cause more damage.

As the person is coming round, they may be confused, so try to comfort them.

**There should be no need to call an ambulance unless**:

* the seizure lasts for more than five minutes
* the person doesn’t regain full consciousness, or has a series of seizures without regaining consciousness

Call an ambulance immediately (Dial 999)