



## Seizure First Aid - when swimming

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.

### Factors to consider include:

- type of seizures/epilepsy. First aid may differ depending on seizure type:
- swimming ability
- location - pool, lake or surf beach
- lifeguards, supervisors or other supports.

### 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 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 the water.

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

- depending on the seizure type, place person on side in recovery position
- call an ambulance (000) even if breathing appears normal as water may be inhaled into the lungs.

**ALL seizures in water** require first aid and medical observation in a hospital facility to ensure water has not been inhaled into the lungs.

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Although every effort has been made to ensure accurate and up to date information is provided, Epilepsy Queensland and its advisors cannot accept any liability in relation to the information provided. It is strongly recommended that you discuss any information with your doctor.