



WHAT TO DO IF YOUR BABY HAS A SEIZURE (FIT)

1. Clear objects that may cause your baby injury

2. Don't try to restrain them

- Put soft padding around them

3. Cool them

- Remove a layer of clothing

4. Call 999/112 for emergency help

- When seizure has stopped, put them in the recovery position while you wait.



Learn first aid.

Help save lives.

Be the difference.

More life saving techniques and videos can be found on our website.

sja.org.uk