



Working together with individuals, families and medical professionals to offer support and information on Syncope and Reflex Anoxic Seizures

## **FACTSHEET 3- What to do if someone has an RAS or Syncope attack**

- 1- Don't be frightened. It is very scary to watch someone fall over and become unconscious and even more scary to see someone jerk and go very white. Remember that they will be OK.**
- 2- Tell a friend to run for a teacher**
- 3- Put them in the recovery position (teacher to demonstrate in class)**
- 4- Make sure there are no dangerous objects lying near to them that could hurt them**
- 5- Stay quiet and calm and let the teacher take over**