

SEIZURE FIRST AID

Tonic Clonic Seizure

Convulsive seizure with loss of consciousness, muscle stiffening, falling, followed by jerking movements.

1

Time the seizure.

Protect from injury, quickly remove any hard objects that could cause injury.

Protect the head as best you can - place something soft under the head.

Do not attempt to restrain the person or to stop the jerking.

Do not put anything in the mouth.

2

Gently roll the person onto one side as soon as it is practical to do so. This will help keep the airway clear.

Stay with the person until the seizure ends naturally.

3

Calmly talk to the person until they regain consciousness. Let them know where they are, that they are safe and that you will stay with them while they recover.



Focal Seizure (Complex Partial)

Non-convulsive seizure with outward signs of confusion, unresponsiveness or inappropriate behaviour. Can be mistaken for alcohol or drug intoxication.

- During a focal seizure you may need to gently guide the person past obstacles and away from dangerous places.
- As the seizure finishes, calmly talk to the person and ask if they are OK.



In the event of a seizure follow instructions in the individual's seizure management plan. However, if you do not know the person, or there is no seizure management plan:

Call an ambulance – 000

- ✓ If the seizure lasts more than **5 minutes** or a second seizure quickly follows.
- ✓ If the person remains non-responsive for more than **5 minutes** after the seizure stops.
- ✓ If the person is having a greater number of seizures than is usual for them.
- ✓ If the person is injured, goes blue in the face or has swallowed water.
- ✓ If the person is pregnant.
- ✓ You know, or believe it to be, the person's first seizure.
- ✓ You feel uncomfortable dealing with the seizure.

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