SEIZURE FIRST AID

Tonic Clonic Seizure

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

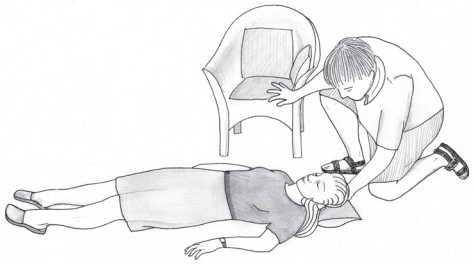
1 **Time the seizure.**

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.

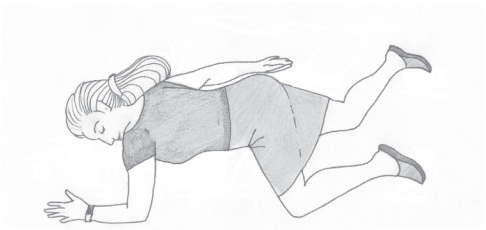
Do not attempt to restrain the person or to stop the jerking.

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.

Complex Partial Seizure

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

- During a complex partial 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 care plan. However if you do not know the person, or there is no seizure care 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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