

SEIZURE FIRST AID

Tonic Clonic Seizure

Is a convulsive seizure with loss of consciousness, muscle stiffening and falling, followed by jerking movements:

- Note the time the seizure started and time until it ends.
- Protect the head, If available use a pillow or cushion.
- Remove any hard objects that could cause injury.
- Do not attempt to restrain the person, stop the jerking or put anything in their mouth.
- As soon as possible, roll the person onto their side. You may need to wait until the seizure movements have ceased (see diagrams below). Continue to monitor breathing.
- Talk to the person to make sure they have regained full consciousness.
- Stay with and reassure the person until they have recovered.



Seizure with Impaired Awareness

Is a non-convulsive seizure with outward signs of confusion, unresponsiveness or inappropriate behaviour, care should be taken as this can be mistaken for alcohol and drug intoxication:

- Note the time the seizure started and time until it ends
- Avoid restraining the person and guide safely around objects
- Talk to the person to make sure they have regained full consciousness
- Stay with and reassure the person until they have recovered

Additional Considerations

When providing emergency response support to a person in a wheelchair, also:

- Protect the person from falling from the chair, secure seat belt where available and able
- Make sure wheelchair is secure
- Support head if there is no moulded head rest
- Do not try to remove the person from the wheelchair
- Tilt the persons head into a position that keeps the airway clear

CALL 000 FOR AN AMBULANCE

* For any seizure if you do not know the person or if there is **NO** epilepsy management plan

* If the seizure lasts for 5 minutes

* If the seizure stops but the person does not regain consciousness within 5 minutes

* If another seizure begins

* When a serious injury has occurred, if it occurs in water, if the person was eating or drinking when the seizure occurred or if you believe the person is pregnant