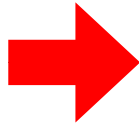
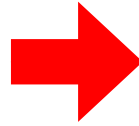
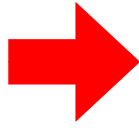


SEIZURE FIRST AID

Tonic Clonic Seizure

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

- 1.**
 - Note the time the seizure started.
 - Quickly remove any hard objects that could cause injury.
 - Do not attempt to restrain the person, or to stop the jerking.
 - Do not put anything in the mouth.
 - Protect the head as best you can – if available use a pillow or cushion.
- 2.**
 - Gently roll the person onto their side as soon as the active movements of the seizure have ceased.
 - Establish communication so that you know the person has regained consciousness.
- 3.**
 - Be reassuring and let the person 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, establish supportive communication and ask if they are OK.
- Call an ambulance if the person is not starting to recover after 15 minutes.

Absence Seizure

Mostly affects children, non-convulsive and consists of brief periods of loss of awareness. Can be mistaken for day dreaming.

- Recognise that a seizure has occurred.
- Reassure the person and repeat any information that may have been missed during the seizure.

When to call an ambulance – 000

- ✓ When the seizure activity lasts more than 5 minutes or a second seizure quickly follows.
- ✓ If the person is not conscious within 5 minutes of the seizure stopping.
- ✓ The seizure occurs in water.
- ✓ If the person is injured.
- ✓ If the person is pregnant or has diabetes.
- ✓ When you know, or believe it to be, the person's first seizure.
- ✓ If in doubt.

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