

# Seizure first aid

## TONIC CLONIC SEIZURE

Convulsive seizure with loss of consciousness, muscle stiffening, 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 or 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 pictures)
- Talk to the person to make sure they have regained full consciousness
- Stay with and reassure the person until they have recovered

## COMPLEX PARTIAL SEIZURE

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

## CALL 000 FOR AN AMBULANCE:

- For any seizure if you don't 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, or if another seizure begins
- When a serious injury has occurred, if it occurs in water, or if you believe a woman is pregnant

