

Seizure First Aid

Giving help to a person who is having a seizure

In a convulsive seizure (eg Tonic-Clonic seizure):

- Stay calm
- Time the seizure from the beginning
- Do not put anything in the person's mouth
- Do not try to restrain the person
- Protect the person from injury; remove any hard objects
- Place something soft under the head and loosen any tight clothing
- Roll the person onto their side to keep the airway clear
- Stay with and reassure the person until they have recovered.

In a non-convulsive seizure (eg Complex Partial seizure):

- Time the seizure from the beginning
- The person may behave strangely or appear disorientated
- Avoid restraining the person if possible; talk to them, try to guide them to safety and protect them until they recover.

Call an ambulance:

- If the **convulsive seizure** continues for more than 5 minutes
- In a **convulsive seizure**, if the seizure stops but the person does not regain consciousness within 5 minutes, or if another seizure begins
- In a **non-convulsive** seizure if the person has not begun to recover in 15 minutes
- When a serious injury has occurred, if it occurs in water or if you believe a woman is pregnant.