

# FIRST AID FOR SEIZURES

## TONIC CLONIC SEIZURE

Convulsive seizures where the body stiffens (tonic phase) followed by general muscle jerking (clonic phase).



### DO

- ✓ Stay with the person
- ✓ Time seizure
- ✓ Protect from injury especially the head
- ✓ Roll onto side after jerking stops OR immediately if food/fluid/vomit in mouth
- ✓ Observe and monitor breathing
- ✓ Gently reassure until recovered

### DO NOT

- ✗ Put anything in the person's mouth
- ✗ Restrain the person
- ✗ Move person unless in danger



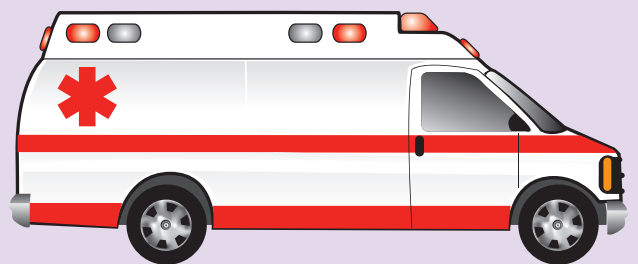
## FOCAL DYSCOGNITIVE SEIZURE (complex partial)

Non-convulsive seizures with outward signs of confusion, inappropriate responses or behaviour.

- Stay with the person
- Time seizure
- Gently guide away from harm
- Reassure until recovered
- DO NOT restrain the person unless in danger

## CALL 000 FOR AN AMBULANCE IF:

- You are in any doubt
- Injury has occurred
- There is food/fluid/vomit in mouth
- Seizure occurs in water
- Person has breathing difficulties after jerking stops
- Another seizure quickly follows
- Seizure lasts longer than 5 mins
- The person is non-responsive for more than 5 mins after the seizure ends



This is not medical advice nor an exhaustive list of responses to seizures. This is a guide to help you consider your response to seizures. If you are in any doubt about what to do, do not hesitate to call an ambulance.

For more information or advice about epilepsy, contact Epilepsy Action Australia on **1300 37 45 37** or visit [www.epilepsy.org.au](http://www.epilepsy.org.au)



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