



FIRST AID FOR SEIZURES

GENERALISED TONIC CLONIC SEIZURES

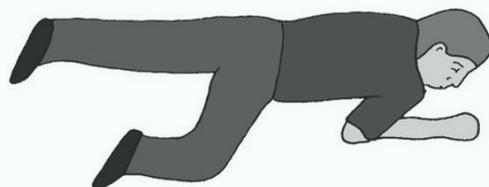
Convulsive seizures involving whole body stiffening, followed by muscle jerking.

DO:

- ✓ Stay with person and protect from injury (especially the head)
- ✓ Time seizure
- ✓ Roll person on to their side
- ✓ Monitor breathing
- ✓ Reassure person until recovered

DON'T:

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



FOCAL SEIZURES WITHOUT AWARENESS

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

DO:

- ✓ Stay with the person
- ✓ Gently guide them away from harm
- ✓ Monitor airway and breathing
- ✓ Provide reassurance until recovered
- ✓ Time seizure

DON'T:

- ✗ Restrain the person unless in danger

CALL 000 FOR AN AMBULANCE IF:

- Person has breathing difficulty
- Injury has occurred
- There is food, vomit or fluid in mouth
- Seizure occurs in water
- Another seizure quickly follows
- Seizure lasts longer than 5 minutes
- The person is non-responsive for more than 5 minutes after the seizure stops
- You are unsure what to do

