

Seizure first aid

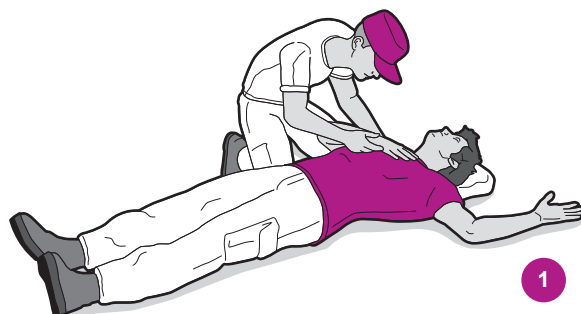
What to do if someone has a seizure:



Tonic-clonic (convulsive) seizure

A tonic-clonic seizure involves loss of consciousness, muscle stiffening, falling, and jerking movements.

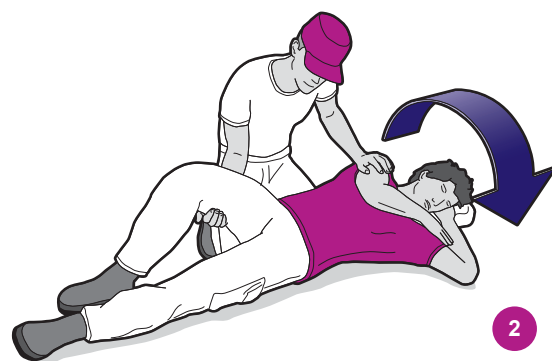
- Record the time and duration of the seizure.
- Protect the head with a pillow or jacket.
- Remove objects that could cause injury.
- Do not try to stop the jerking or put anything in their mouth.
- Roll the person onto their side when possible.
- Talk to the person, assessing their return to full consciousness.
- Stay with and reassure the person until they have recovered.



Seizure with impaired awareness

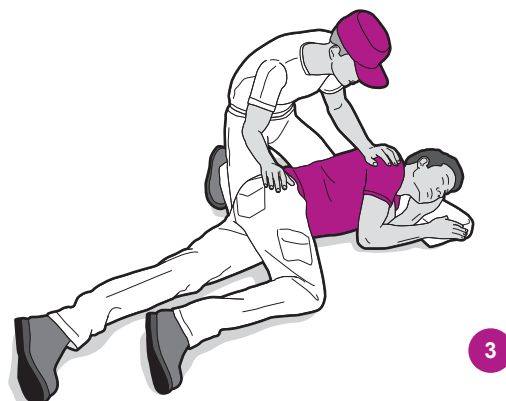
This is a non-convulsive seizure. The person may show signs of confusion, unresponsiveness or unusual movements or behaviour.

- Record the time and duration of the seizure.
- Avoid restraining the person and guide safely around objects.
- Talk to and reassure the person while monitoring their response.
- Stay with the person until they have recovered.



If the person is in a wheelchair:

- Make sure the wheelchair is secure.
- Do not try to remove the person from the wheelchair.
- Protect the person from falling from the wheelchair.
- Support their head if there is no moulded headrest.
- Tilt the person's head into a position that keeps the airway clear.



CALL 000 FOR AN AMBULANCE:

- You do not know the person or if there is no epilepsy management plan.
- If the seizure lasts for 5 minutes or more.
- If the seizure stops, but the person does not regain consciousness within 5 minutes.
- If another seizure begins.
- When a serious injury has occurred.
- If the person was eating or drinking.
- If the seizure occurs in water.
- If you believe the person is pregnant.

Emergency Services 000

National Epilepsy Support Service 1300 761 487

Website epilepsysmart.org.au



Australian Government
Department of Health

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