

+ SEIZURE FIRST AID +

Generalised Tonic-Clonic Seizure

With loss of consciousness, muscle stiffening, falling, followed by jerking movements.

1. Time the seizure

2. Protect from injury

- remove hard objects from the area
- place something soft under their head
- loosen any tight clothing

3. Gently roll the person onto their side

- as soon as it is practical to do so

4. Reassure & re-orientate

- as the person regains consciousness

5. Stay with the person

- until the seizure ends & they are fully alert

DO NOT restrain the person's movements

DO NOT put anything in the person's mouth

DO NOT give the person anything to eat or drink until fully recovered

Focal Seizure with Impaired Awareness

With outward signs of confusion, unresponsive or inappropriate behaviours. Can be mistaken for alcohol or drug intoxication.

1. Time the seizure

2. Protect from injury

- gently guide the person past obstacles & away from potential dangers

3. Reassure & re-orientate

- as the seizure ends

4. Stay with the person

- until the seizure ends & they are fully alert

DO NOT restrain the person as it may increase confusion



Follow instructions in the individual's seizure management plan. However, if you do not know the person, or there is no seizure management plan:

Call an Ambulance – 000

- ✓ If the seizure lasts longer than 5 minutes or a second seizure quickly follows
- ✓ If the person remains non-responsive for more than 5 minutes after the seizure stops
- ✓ If the person is having more seizures than is usual for them
- ✓ If the person is injured or goes blue in the face
- ✓ If the seizure occurs in water or the person is eating or drinking at the time
- ✓ If the person is pregnant or has diabetes
- ✓ You know, or believe it to be, the person's first seizure
- ✓ You feel uncomfortable dealing with the seizure



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