Seizure First Aid

**Tonic-clonic seizure**
Is a convulsive seizure with loss of consciousness, muscle stiffening, falling, followed by jerking movements:

- Note the time the seizure started and time until it ends.
- Protect the head – if available use a pillow or cushion.
- Remove any hard objects that could cause injury.
- Do not attempt to restrain the person or stop the jerking or put anything in their mouth.
- As soon as possible roll the person onto their side – you may need to wait until the seizure movements have ceased (see pictures).
- Talk to the person to make sure they have regained full consciousness.
- Stay with and reassure the person until they have recovered.

**Seizure with impaired awareness**
Is a non-convulsive seizure with outward signs of confusion, unresponsiveness or inappropriate behavior, care should be taken as this can be mistaken for alcohol or drug intoxication:

- Note the time the seizure started and time until it ends.
- Avoid restraining the person and guide safely around objects.
- Talk to the person to make sure they have regained full consciousness.
- Stay with and reassure the person until they have recovered.

**Additional considerations**
When providing emergency response support to a person in a wheelchair, also:

- Protect the person from falling from the chair, secure seat belt where available and able.
- Make sure wheelchair is secure.
- Support head if there is no moulded head rest.
- Do not try to remove the person from the wheelchair.
- Tilt the persons head into a position that keeps the airway clear.

**CALL 000 FOR AN AMBULANCE**
For any seizure if you don’t know the person or if there is no epilepsy management plan.

- If the seizure lasts for **5** minutes.
- 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 it occurs in water, or if you believe the person is pregnant.

Emergency Services 000 | National Epilepsy Information Line 1300 852 853 | www.epilepsyaustralia.net
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