

FIRST AID FOR SEIZURES

TONIC CLONIC SEIZURE

Seizures where the body stiffens (tonic phase) followed by general muscle jerking (clonic phase)



DO

- ✓ Stay with the person
- ✓ Time seizure
- ✓ Keep them safe: protect from injury especially the head
- ✓ Roll onto side after jerking stops (immediately if food/fluid/vomit is in mouth)
- ✓ Observe and monitor breathing
- ✓ Gently reassure until recovered

DO NOT

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

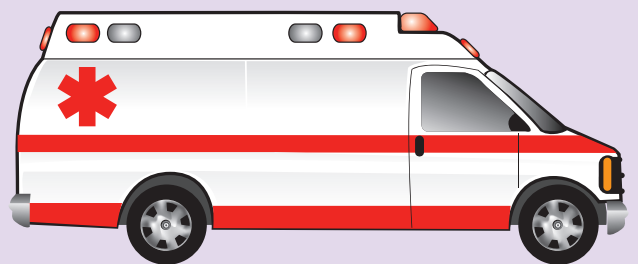
FOCAL SEIZURE

Non-convulsive seizures with possible 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 999 FOR AN AMBULANCE IF:

- You are in any doubt
- Injury has occurred
- There is food/fluid/vomit in the 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.

SUDEP Action 

For information on epilepsy risks & how to reduce them visit: www.sudep.org or contact us on info@sudep.org