

FIRST AID for SEIZURES

TONIC CLONIC SEIZURE

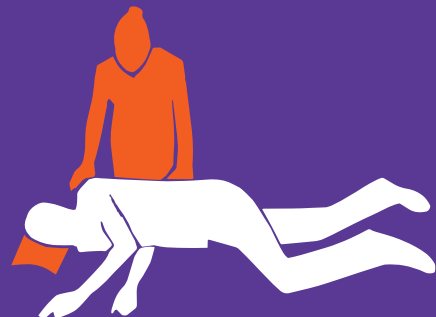
Seizures where the body stiffens (tonic phase) followed by general muscle jerking (clonic phase).

DO

- ✓ Stay with the person
- ✓ Time seizure
- ✓ Keep them safe: protect them 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

