

Knowing how to attend to a **SEIZURE**

Most seizures last one or two minutes
and generally end without harm.



Symptoms* of a seizure

Sensory changes	Mental changes	Physical changes	Post seizure
<ul style="list-style-type: none">• Feeling odd, often indescribable• Out-of-body sensations• Unusual smells, tastes, or sounds• Numbness, tingling or feelings of electricity in part of the body	<ul style="list-style-type: none">• Confusion• Periods of forgetfulness or memory lapses• Daydreaming episodes• Loss of awareness or consciousness	<ul style="list-style-type: none">• Jerking movements of an arm, leg or body• Falling• Stiffening or tensing of muscles• Forced head turning• Possible tongue-biting and incontinence	<ul style="list-style-type: none">• Confusion• Sleepiness• Weakness• Headache• Nausea• Wet, heavy breathing

What to do

Non-convulsive seizures	Convulsive seizures
<ul style="list-style-type: none">• Watch the person carefully.• Stay calm and speak quietly.• Gently get the person to a safe area.• Avoid restraining the person.• Stay with the person until he or she regains complete consciousness.	<ul style="list-style-type: none">• Time the seizure.• Place the person on their side in a safe area.• Avoid putting anything in their mouth.• Remove glasses and tight objects from around their neck.• Call 911 if the seizure lasts over 5 minutes or the person is injured.• Stay with the person until medical help arrives.

* This is not a complete list of seizure symptoms. Depending on the type of seizure there could be additional symptoms. Some symptoms may be due to other medical problems or side effects of medicine.

+ SEIZURE FIRST AID +

Generalised Tonic-Clonic Seizure

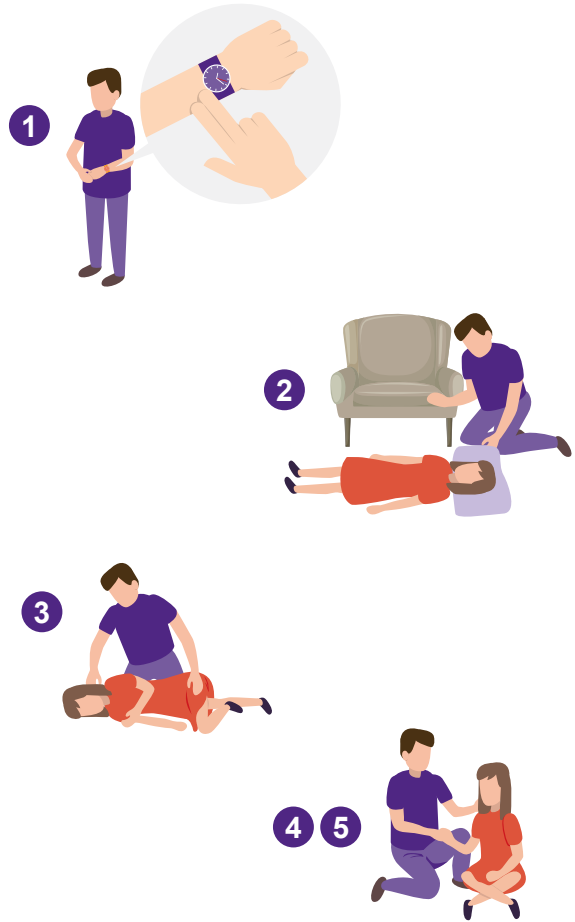
With loss of consciousness, muscle stiffening, falling, followed by jerking movements.

1. Time the seizure
2. Protect from injury
3. Gently roll the person onto their side
4. Reassure & re-orientate
5. Stay with the person

DO NOT restrain

DO NOT put anything in the person's mouth

DO NOT give food or drink until fully recovered



Focal Seizure with Impaired Awareness

With outward signs of confusion, unresponsive or inappropriate behaviours.

1. Time the seizure
2. Protect from injury
3. Reassure & re-orientate
4. Stay with the person

DO NOT restrain

For more information:



  @epilepticshero

  @aheroforepileptics

AHEROFOREPILEPTICS.ORG

Call an Ambulance – 000

- ✓ As per seizure management plan
- ✓ If you have any doubts
- ✓ 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 seizure occurs in water or the person is eating or drinking at the time
- ✓ If it is the person's first seizure