

SEIZURE

Ensure Safety
for Self and Others

Signs and Symptoms

Any or all of the following:

- Altered awareness
- Spasm and rigid muscles
- Collapse
- Jerking movements of head, arms and legs
- Shallow or intermittent breathing
- Lips or complexion may change colour
- Change in or loss of consciousness
- Noisy breathing, dribbling
- Faeces or urinary incontinence

***Febrile convulsions are usually associated with a rapid rise in temperature in young children**

Consult the person's Medical Management Plan as soon as possible if they have one.

Step 1

TIME THE SEIZURE

if possible from start to finish

PROVIDE SAFETY

remove unsafe objects
protect the head

REMAIN CALM

reassure the person
tell them where they are
and that they are safe

Step 2

MAINTAIN THE AIRWAY

roll on his/her side
when jerking stops,
immediately if food, vomit or
fluid enters their mouth

DO NOT

restrain unless in danger
move unless in danger
place anything in their mouth

Step 3

MAINTAIN PRIVACY & DIGNITY

STAY WITH THEM

until seizure naturally ends
and they fully recover

REASSURE

they will be dazed and confused
or drowsy

*For further information consult Australian Resuscitation Council guidelines or your local epilepsy organisation or go to www.epilepsy.org.au

**Dial
Triple Zero
(000) for an
Ambulance**

Call 000 if the seizure:

- lasts more than 5 minutes
- is quickly followed by a second seizure
- occurs in water

Call 000 if the casualty:

- is unresponsive more than 5 minutes after the seizure
- goes blue in the face
- is pregnant or is injured

Call 000 if you:

- think it is their first ever seizure
- are concerned about their condition
- are uncomfortable treating them