

# FIRST AID FOR SEIZURES

## TONIC CLONIC SEIZURE ("Grand Mal")

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



### DO

- ✓ Stay with the person
- ✓ Time seizure
- ✓ Roll onto side after jerking stops OR immediately if food/fluid/vomit in mouth
- ✓ Observe and reassure until recovered
- ✓ Move hard objects away
- ✓ Protect head from injury

### DO NOT

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



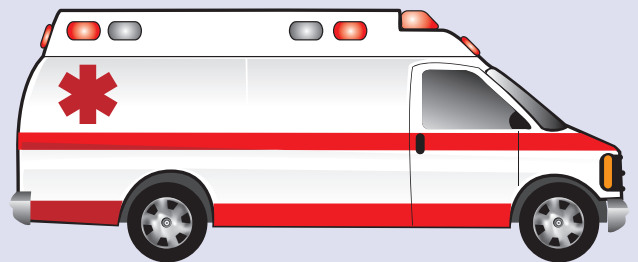
## COMPLEX PARTIAL SEIZURE ("Focal")

Non-convulsive seizures with outward signs of unresponsiveness or inappropriate behaviour.

- Stay with the person
- Time seizure
- Gently guide away from harm
- Reassure until recovered
- DO NOT restrain the person unless in danger

## CALL 000 FOR AN AMBULANCE IF:

- You are in any doubt
- Injury has occurred
- There is food/fluid/vomit in mouth
- Seizure occurs in water
- Another seizure follows quickly
- Jerking of a tonic-clonic seizure lasts over 5 mins
- Complex partial seizures last longer than 15 mins
- Person has breathing difficulties after jerking stops



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.

For more information or advice about epilepsy, contact Epilepsy Action on **1300 37 45 37** or visit [www.epilepsy.org.au](http://www.epilepsy.org.au)



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