

### Attachment 1: Seizure First Aid

#### Tonic Clonic Seizure

A convulsive seizure with loss of consciousness, muscle stiffening, falling, followed by jerking movements.

- Note the time the seizure started and time until it ends.
- Protect the head – use a pillow or cushion, if available.
- Remove any hard objects that could cause injury.
- **Do not** attempt to restrain the person, stop the jerking or put anything in their mouth.
- As soon as possible, roll the person onto their side – you may need to wait until the seizure movements have ceased.
- Talk to the person to make sure they have regained full consciousness.
- Stay with and reassure the person until they have recovered.

#### Absence Seizure

Occurring mostly in children, this consists of brief periods of loss of awareness. Can be mistaken for day-dreaming.

- Timing can be difficult – count how many happen daily.
- Reassure the person and repeat any information that may have been missed during the seizure.

#### Focal Seizure

A non-convulsive seizure with outward signs of confusion, unresponsiveness or inappropriate behaviour. Can be mistaken for alcohol or drug intoxication.

- Note the time the seizure started and time until it ends.
- Avoid restraining the person and guide safely around objects.
- Talk to the person to make sure they have regained full consciousness.
- Stay with and reassure the person until they have recovered.

#### Call an Ambulance

- For any seizure if you don't know the person or if there is no Epilepsy Management Plan
- If the seizure continues for more than five minutes
- If the seizure stops but the person does not regain consciousness within five minutes, or another seizure begins
- When a serious injury has occurred, if a seizure occurs in water, or if you believe a woman who is having a seizure is pregnant.

**Emergency services:** 000

**Epilepsy Help Line:** 1300 852 853