

FIRST AID FOR SEIZURES

Tonic-Clonic Seizures

Seizures involving convulsive movements, loss of consciousness, falling; muscle stiffening

DO

- ✓ Make a note of what time the seizure started
- ✓ Protect the person from injury
- ✓ Cushion the head
- ✓ Place person in the recovery position when seizure is over
- ✓ Stay with the person until recovery is complete
- ✓ Offer calm reassurance

DO NOT

- ✗ DO NOT panic
- ✗ DO NOT restrain the person's movements
- ✗ DO NOT put anything in the person's mouth
- ✗ DO NOT try to move the person unless the location presents possible danger
- ✗ DO NOT offer food or drink until a full recovery has been made

Partial Seizures

Seizures with no convulsive movements; impairment but not full loss of consciousness; possible inappropriate behaviour

DO

- ✓ Make a note of what time the seizure started
- ✓ Guide the person away from possible danger
- ✓ Stay with the person until recovery is complete
- ✓ Offer calm reassurance

DO NOT

- ✗ DO NOT panic
- ✗ DO NOT restrain the person's movements
- ✗ DO NOT assume that the person is aware of what is happening or of what has happened
- ✗ DO NOT offer food or drink until a full recovery has been made

Absence Seizures

No convulsive movements; brief loss of awareness; staring without blinking movement

DO

- ✓ Make a note of what time the seizure started
- ✓ Guide the person away from possible danger
- ✓ Offer calm reassurance

DO NOT

- ✗ DO NOT panic
- ✗ DO NOT assume that the person is aware of what is happening or of what has happened
- ✗ DO NOT offer food or drink until a full recovery has been made



CALL FOR AN AMBULANCE ONLY

- ✓ If you know that it is the person's first seizure
- ✓ If the seizure lasts longer than 5 minutes
- ✓ If one seizure follows another without the person regaining consciousness
- ✓ If the person is injured
- ✓ If the person is pregnant