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 ion 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