

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