

SEIZURE



Ensure Safety
for Self & Others

SIGNS & SYMPTOMS

Some 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
- Faecal or urinary incontinence
- Changes in behaviour such as fidgeting with their clothes

***Febrile Seizures are usually associated with a rapid rise in temperature in young children, most only last 1 - 2 minutes**

Consult the person's Medical Management Plan as soon as possible if they have one.

STEP 1

PROVIDE SAFETY

remove unsafe objects
protect the head

TIME THE SEIZURE

if possible from start to finish

MAINTAIN THE AIRWAY

roll onto their side once
jerking stops or immediately
if food, vomit or fluid
enters their mouth

STEP 2

REMAIN CALM

reassure the person
tell them where they are
and that they are safe

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