

FIRST AID FOR SEIZURES

TONIC CLONIC SEIZURE

Convulsive seizures where the body stiffens (tonic phase) followed by general muscle jerking (clonic phase)



DO

- ✓ Time seizure
- ✓ Stay with the person
- ✓ Protect from injury; move things out of the way and cushion the head
- ✓ Roll onto side after jerking stops OR Immediately if food/fluid/vomit in mouth
- ✓ Observe and monitor breathing
- ✓ Reassure and stay with the person until they have recovered

DON'T

- ✓ Put anything in the person's mouth
- ✓ Restrain the person
- ✓ Move person unless in danger

FOCAL DYSCOGNITIVE / WITHOUT AWARENESS

Non-convulsive seizures with outward signs of confusion, inappropriate responses or behaviour

- Time seizure
- Stay with the person
- Gently guide away from harm
- Reassure and stay with the person until they have recovered
- DO NOT restrain the person unless in danger

CALL 111 FOR AN AMBULANCE IF:

- You are in any doubt
- There is food/fluid/vomit in mouth
- Seizure occurs in water
- Person has breathing difficulties after jerking stops
- Another seizure quickly follows
- Seizure lasts longer than 5 minutes
- The person is non-responsive for more than 5 minutes after the seizure ends



If you are in any doubt about what to do, do not hesitate to call 111 for an ambulance. This first aid information does not replace medical advice.

For more information or advice about epilepsy, contact Epilepsy New Zealand on **0800 374 537** or visit www.epilepsy.org.nz



EPILEPSY NEW ZEALAND
THE NATIONAL EPILEPSY ASSOCIATION OF NEW ZEALAND
kia titiro ki te tangata - see the person