

# 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](http://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

**Supply First Aid**

[www.supplyfirstaid.com.au](http://www.supplyfirstaid.com.au)

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