

SEIZURES

A seizure is a temporary, sudden change in the brain's electrical and chemical activity that can cause changes in a person's awareness, movement or behaviour. These can be caused by various factors, including lack of oxygen to the brain, high temperatures, a bang to the head or epilepsy, and can vary from brief staring spells to full-body stiffness and jerky convulsions.

Important Actions!

Remain Calm



A person seizing can be scary. Remain calm, stay with the person and, if possible, **time how long the seizure lasts** so that you can tell the medical services if needed.

Clear the Area



Move other people away to provide privacy and prevent embarrassment or confusion.

While the casualty recovers, calmly talk to and reassure them.

Call an Ambulance if:



- You know it is their first seizure.
- The seizure lasts more than 5 minutes.
- They are injured during the seizure.
- You think they need urgent medical help.

How To Help Someone Having a Seizure

During The Seizure

Do:

- Ease the person to the floor if they are standing or sitting.
- Protect the person from injury (move hazards away).
- Cushion their head with something soft.
- Look for an epilepsy identity card or identity jewellery - it may give you information about their seizures and what to do.

Don't:

- Try to restrain their movements in any way.
- Put anything in their mouth
- Try to move them unless they are in danger
- Give them anything to eat or drink until they are fully recovered.



After The Seizure

- Check their breathing and place them in the recovery position.
- Stay with them until they are fully alert.
- Speak calmly and reassure them.
- Note any injuries or unusual behaviour and call an ambulance if needed.
- **If they are not breathing, start CPR immediately.**

