

# Ensure the safety of everyone Call the ambulance on Triple Zero (000)



### **Signs & Symptoms**

any or all of the following:

Altered awareness

Collapse

Spasm and rigid muscles

Jerking movements of head, arms and legs

Shallow breathing

Lips or complexion may change colour

Sudden loss of consciousness

Noisy breathing, excessive salivation

Urinary incontinence

\*Febrile convulsions are usually associated with a high fever in young children

Consult the persons Epilepsy 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 PRIVACY & DIGNITY

### DO NOT

retain or try to stop jerking
place anything in their mouth
move unless in danger

### Step 3

### **ROLL ON SIDE**

when jerking stops

immediately if food, vomit or fluid is in their mouth

### **STAY WITH THEM**

until seizuire naturally ends and they fully recover

### **REMAIN CALM**

they will be dazed and confused, or drowsy

\*For further information consult your local epilepsy organistion or go to www.epilepsy.org.au

## CALL TRIPLE ZERO (000)



if the seizure:
Å lasts more than 5 minutes
Å is quickly followed by a second seizure

if the casualty:
Å is unresponsive more than 5 minutes
after the seizure
Å goes blue in the face or swallows water

is pregnant or is injured

if you: Å think it is their first ever s

Å think it is their first ever seizure Å are concerned about their condition Å are uncomfortable treating them

