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 high fever in young children

Consult the person's 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 THE AIRWAY

roll on his/her side as soon as possible, immediately if food, vomit or fluid enters their mouth

DO NOT

restrain 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 ARC guidelines or your local epilepsy organistion or go to www.epilepsy.org.au

Call an ambulance if

Call 000 if the seizure:

- · lasts more than 5 minutes
- · is quickly followed by a second seizure

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



1300 559 064

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