

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 in young children are usually associated with a rapid rise in temperature.*

Seizure Management

Consult the person's Medical Management Plan as soon as possible if they have one.

Step 1

TIME THE SEIZURE

- Record the duration of the seizure.

PROVIDING 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 the person on their side when jerking stops or immediately if food, vomit, or fluid enters their mouth.

DO NOT

- Restrain or move the person unless they are in danger.
- Place anything in their mouth.

Step 3

MAINTAIN PRIVACY & DIGNITY

STAY WITH THEM

- Stay until the seizure naturally ends and they fully recover.

REASSURE

- Reassure them as they will be dazed, confused, or drowsy.

Consult the Australian Resuscitation Council guidelines, local epilepsy organisations, or visit <https://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 for 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