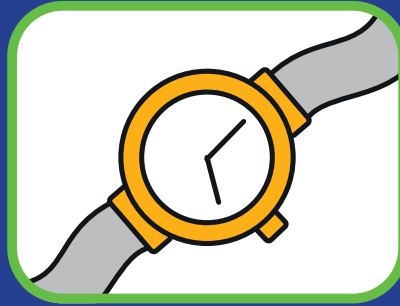


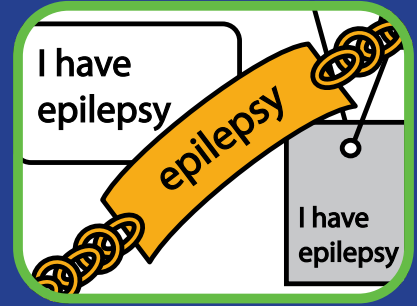
# First Aid For Tonic Clonic Seizures

Convulsive seizures where the body stiffens (tonic phase) followed by general muscle jerking (clonic phase)

## TIME

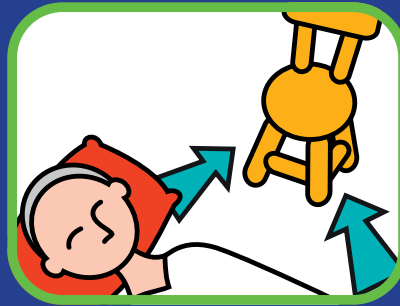


Time the seizure



Check for Epilepsy I.D.

## SAFE



Remove any harmful objects



Cushion the head



**DON'T** put anything into the person's mouth

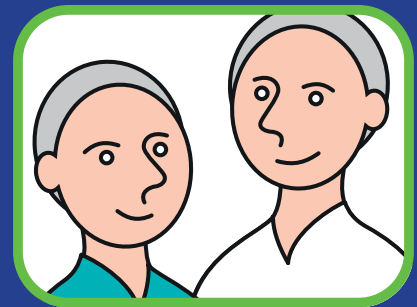


**DON'T** restrain the person unless in danger

## STAY



Place the person into the recovery position when the seizure ends



Stay with the person until the seizure ends and offer assistance

### WHEN TO CALL AN AMBULANCE

- If the seizure is longer than 5 minutes
- If one seizure follows another without stopping
- If you know it is the person's first seizure
- If the person is injured
- If you are in any doubt

