First Aid for Complex Partial (focal) seizures

including temporal lobe seizures

Non-convulsive seizures in which awareness is affected but consciousness is not lost

**KNOW THE SIGNS**

- Wandering aimlessly
- Chewing & smacking of lips
- Fidgeting with clothing
- Confused or slurred speech
- Agitated behaviour
- Staring trance-like

**KNOW WHAT TO DO**

- **DO** time the seizure
- **DON’T** restrain or grab
- **DO** guide gently from danger
- **DO** calmly reassure
- **DO** stay until seizure ends
- **DO** explain what happened

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**When to call an ambulance**

- If the seizure is longer than 5 minutes
- If the person has more than one seizure
- If you know it is the person’s first seizure
- If the person is injured
- If you are in any doubt

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