First Aid For Tonic Clonic Seizures
Convulsive seizures where the body stiffens (tonic phase) followed by general muscle jerking (clonic phase)

1. **DO** time the seizure
2. **DO** remove any harmful objects
3. **DO** cushion the head
4. **DO** look for Epilepsy I.D.
5. **DON’T** put anything in the person’s mouth
6. **DON’T** restrain the person or move unless in danger
7. **DO** turn the person on side (into recovery position) when seizure stops
8. **DO** stay with the person until the seizure ends and offer assistance

**Complex Partial Seizures**
(Non-convulsive seizures with confusion, wandering, unusual behaviours)
- Stay with the person
- Time the seizure
- Guide away from any danger
- Speak gently and calmly to reassure the person
- **DON’T** restrain the person unless in danger

*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