



# First Aid for Tonic Clonic Seizures

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



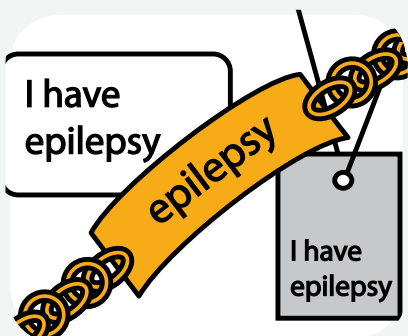
1. DO Time the seizure



2. DO remove any harmful objects



3. DO cushion the head



4. DO look for Epilepsy I.D.



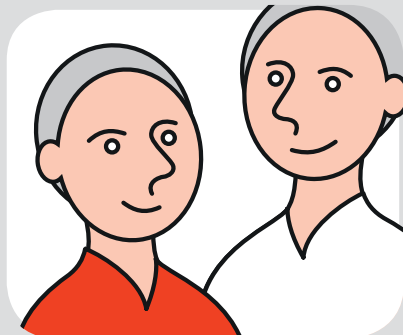
5. DON'T put anything in the person's mouth



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



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