

# Seizure Smart – Response

## Tonic-Clonic Seizure ('Grand Mal')

### DO

- Remain calm
- Stay with person
- Time seizure
- Protect from injury
- Place something soft under head
- Loosen tight neckwear

### AFTER THE SEIZURE:

- Roll onto side – recovery position - after jerking stops OR immediately if vomited
- Remain with the person until they are conscious of their surroundings

### DO NOT

- DO NOT put anything in their mouth
- DO NOT restrain
- DO NOT move the person unless in danger
- DO NOT apply CPR

**In the unlikely event resuscitation is necessary, commence once jerking stops.**



**If seizure occurs while seated in a wheelchair, car or stroller, support their head and leave safely strapped in seat until jerking stops. If there is food, water or vomit in their mouth, remove person from seat and roll onto their side immediately.**

## Complex Partial Seizure (*Focal*)

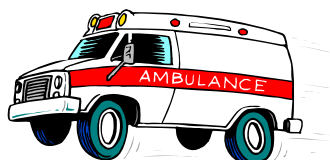
- Remain calm
- Stay with person
- Time the seizure
- Gently guide to avoid harm
- Remain with the person until recovered
- **DO NOT** restrain unless in danger

## Absence Seizure ('Petit Mal')

- Remain calm
- Reassure
- Repeat any missed information

## Call 000 if

- You are in any doubt
- The person is injured or having breathing difficulties
- The seizure occurs in water
- You arrive after the seizure has started
- It is the first known seizure
- Food, drink or vomit in mouth during seizure
- The seizure lasts longer than 5 mins or longer than normal for that person
- Another seizure follows quickly
- The person is pregnant and is having tonic clonic seizure



This is not an exhaustive list of responses. This information is given to provide accurate, general information about epilepsy. Medical information and knowledge changes rapidly and you should consult your doctor for more detailed information. This is not medical advice and you should not make any medication or treatment changes without consulting your doctor.

