



First aid fact sheet

Epileptic seizure

Signs and symptoms

A patient having an epileptic seizure can:

- suddenly cry out
- fall to the ground, sometimes resulting in injury
- stiffen and lie rigid for a few seconds
- have rhythmic jerking muscular movements
- look very pale and have blue lips
- have excessive saliva coming out of their mouth
- sometimes bite the tongue or cheek, resulting in blood in the saliva
- lose control of their bladder or bowel
- be extremely tired, confused or agitated afterwards.

What to do

During the seizure

- 1 Protect the patient from injury by removing any objects that could cause injury.
 - 2 Protect the patient's head by place something soft under their head and shoulders.
 - 3 Time the seizure.
- DO NOT try to restrain the person or stop the jerking.
 - DO NOT put anything in their mouth.
 - DO NOT move the person unless they are in danger.

After the seizure

- 1 Put the patient in the recovery position as soon as jerking stops, or immediately if they have vomited or have food or fluid in their mouth.
- 2 Manage any injuries resulting from the seizure.
- 3 DO NOT disturb the patient if they fall asleep, but continue to check their breathing.
- 4 Calmly talk to the patient until they regain consciousness. Let them know where they are, that they are safe and that you will stay with them while they recover.
- 5 **Call Triple Zero (000)** for an ambulance if:
 - the seizure continues for more than 5 minutes or a second seizure quickly follows
 - the patient remains unresponsive for more than 5 minutes after a seizure stops
 - the patient has been injured
 - the patient has diabetes or is pregnant
 - you know, or believe it to be the patient's first seizure.

In a medical emergency call Triple Zero (000)

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

You could save a life with first aid training • www.stjohn.org.au • **1300 360 455**

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