

FIRST AID FOR SEIZURES

Medical help is usually NOT necessary, but should be sought if:-

- Repetitive seizures occur without regaining consciousness in between.
 - The seizure shows no sign of stopping after three minutes.
 - There is a physical injury during the seizure.

HOW TO RECOGNIZE A SEIZURE AND WHAT TO DO

*** Always time a seizure.**

The following table should be helpful in recognising and assisting a person with a seizure

SEIZURE	WHAT IT LOOKS LIKE	HOW YOU CAN HELP
<p><u>Generalised absence</u></p> <p>(Previously named Petit mal)</p>	<p>The person looks blank & stares. There may be blinking or slight twitching. It lasts a few seconds then normal activity continues.</p>	<p>Be reassuring. The person may be unaware of the seizure. Note that it has occurred.</p>
<p><u>Generalised tonic clonic</u></p> <p>(Previously named Grand mal)</p>	<p>The common sequence is: Staring. Stiffening of the body Possible blue colour around the mouth. Jerking movements. Falls to the ground. As breathing restarts normal colour returns. There may be blood flecked saliva and incontinence (rare). It lasts a few minutes.</p>	<p>Protect the person from injury. Cushion the head. Do not restrict movement or put anything in the mouth. When movement stops, help breathing by putting the person in the recovery position.</p> <div style="text-align: center;"> </div> <p>Stay with him or her until fully recovered.</p>
<p><u>Complex partial</u></p> <p>(affecting a specific area of the brain)</p>	<p>May start with a warning or "aura". The person may appear confused or distracted. There may be repetitive movements, eg. Plucking at clothes. Lasts a few minutes</p>	<p>Remove harmful objects. Guide the person away from danger. Talk quietly to reassure him or her.</p>