

Fact Sheet 4

What to do if someone is having a convulsive seizure

Stay calm!

- 1. Make the person safe
- 2. Cushion the head
- 3. Time the seizure
- 4. Look for ID on the person
- 5. Don't hold down
- 6. Put nothing in the mouth
- 7. When the seizure ends, place the person in the recovery position (see below)
- 8. Stay with the person until he/she has fully recovered.

There is no need to call an ambulance (111) unless:

- The seizure lasts longer than 5 minutes
- The seizure is closely followed by another
- The person is pregnant or has diabetes
- The person has suffered an injury
- The person has swallowed water

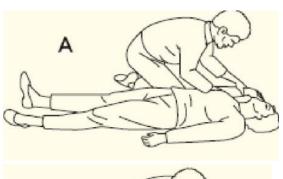
Status epilepticus or non-stop seizures, is serious and requires immediate medical attention. Phone 111 and ask for assistance.

What to do if a seizure occurs whilst a person is in a wheelchair

- Don't remove them from the wheelchair
- Make sure that the wheelchair is secure
- Support the person's head
- If the airway is blocked, take the person out of the wheelchair after the seizure and place him/her in the recovery position

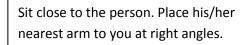
What to do if a seizure occurs whilst the person is in water

- Stay calm
- Swim to the person
- Keep the person's face above water by supporting their head and shoulders
- Do not restrain the person's movements
- Do not force anything into the mouth
- Guide the person away from the edge of the pool to avoid injury
- Once the seizure has stopped, move the person out of the water
- Place the person in the recovery position
- Check the person's airwave and pulse
- Commence resuscitation if needed
- Stay with the person until consciousness returns and offer reassurance.
- Dial 111. The person may have inhaled water into his/her lungs



How to put a person in the recovery position





Place the furthest arm to you across the person's chest and next to his/her cheek. Hold the arm in place.

Using your other hand, grab the far leg and lift it, making sure that the foot remains on the ground.





Images accessed 21/4/13 from www.oxfordmedicine.com

Gently roll the person onto his/her side.

Adjust the position of the arms and legs to ensure that the person is in a stable position for recovery.

Make sure that you tilt the head slightly.

Stay with the person until full consciousness returns.

Disclaimer: this fact sheet is for education purposes only. Please consult your doctor or other health professional for advice regarding your epilepsy.