

# Would you know what to do if someone had a seizure?

## Learn to recognise common symptoms of seizures:

- Staring & unresponsiveness
- Confusion
- Jerks & twitches
- Wandering
- Shaking or falling
- Picking or lip smacking
- Whole-body convulsion (grand mal seizure)

## FIRST AID STEPS

- 1. Watch the person** carefully to recognise the seizure
- 2. Time the seizure**
- 3. Speak quietly & calmly** to the person
- 4. Explain to others** what is happening
- 5. Guide person gently to a safe area** away from any danger
- 6. Don't restrain the person** or try to stop the movements
- 7. Place the person on his or her side**, away from hazardous objects
- 8. Don't put anything in the person's mouth**
- 9. Remove eyeglasses & any tight objects**
- 10. Stay with the person** until he or she regains complete consciousness or until help arrives
- 11. Call an ambulance** if the seizure lasts more than five minutes or results in injury



1 in 10 will have a seizure in their lifetime

Knowing what to do when someone is having seizure can save lives



## IN WATER

Remove person as quickly as possible, while supporting the body & keeping head tilted. Head & face should stay above the surface. Once on dry land, examine the person & begin artificial respiration immediately if he/she is not breathing. He/she should be taken to the emergency of a local hospital

for a careful medical check-up, even if he/she appears to have fully recovered from the seizure. Inhaling water can cause heart or lung damage.

## IN AN AIRPLANE

If possible, help the person lie across two or more seats with head & body turned on one side. Once consciousness has been fully regained, help him/her into a resting position in a single reclining seat. If there aren't any empty places, recline the seat. Once the seizure's rigidity phase has passed, turn the person gently in the seat so that he/she is leaning towards one side. You can arrange pillow or blankets to protect the head from hitting unpadded areas of the plane. Make sure the person sits at an angle with airway clear & breathing unobstructed.



## ON A BUS

Lie the person across a double or triple seat, turn the person on the side & follow the same steps as indicated above. A person who has fully recovered from a seizure can stay on the bus until arriving at his/her destination.

## FOR PEOPLE IN A WHEELCHAIR

- Put the brakes on, to stop the chair from moving
- Allow the person to remain seated in the chair during the seizure (unless care plan says to move them). Moving could possibly lead to injuries for the person having the seizure & the carer. There could be certain attachments or medical reasons for the person to remain within the chair
- If the person has seatbelt or harness on, leave it fastened
- If the person doesn't have a seatbelt or harness, support them gently, so they don't fall out of the chair
- Cushion the person's head & support it gently
- Do not restrain
- Afterward, talk gently to the person, be comforting & reassuring & stay with them until they become re-oriented

If you use a wheelchair or any other mobility device, speak to your doctor about any specific treatment options or care packages they'd like you to follow during or after a seizure

