

First Aid for Seizures:

How To Manage and What To Do



First Aid For Seizures - Do's and Don'ts

Knowing the right thing to do during a seizure is crucial. So here are some do's and don'ts when helping someone during an attack.

Do

- Stay calm and keep other people around you calm
- Stay with the person for the duration of the seizure
- If the person is a stranger, check for identification, emergency contact information, or any other medical information
- If the person is awake and alert, comfort the person and speak calmly
- Keep track of the time and duration of the seizure
- Check the person's breathing



Do's For Generalised Motor Seizures (grand mal)

- Gently lie the person onto the floor in a comfortable position
- Turn the person onto one side to help with breathing
- If possible, lie the person's head onto something soft or flat, like a jacket
- Remove anything hard or sharp around the person that may cause injuries. This includes any wearables on the person's body
- Loosen any items around the person's neck, such as ties



After The Seizure

- Help the person to sit up or lie on their side in a recovery position
- If there's vomit or fluid in the mouth, help them to sit or lie on their side immediately
- If the person has regained consciousness, calmly explain in simple terms what has happened
- If the person is asleep, monitor their breathing and do not disturb them
- Ensure that the person gets home safely



Do Not!

- Do not restrain or hold down the person during the seizure
- Do not move the person unless necessary
- Do not offer the person water or food
- Do not put anything into their mouth.
- Do not give CPR or any mouth-to-mouth first aid



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