A seizure can occur in a number of conditions; epilepsy, head injury, poisoning, in children with a high fever caused by illness or when the brain is suffering from lack of blood or oxygen.

**Tonic Clonic Seizure** - Convulsive seizures where the body stiffens (tonic phase) followed by general muscle jerking (clonic phase).

**Focal Dyscognitive Seizure** - (complex partial) Non-convulsive seizures with outward signs of confusion, strange behaviour and inappropriate response.

### Symptoms & Signs of a Seizure
- Can range from mild blackouts, to sudden, uncontrolled muscular contractions (convulsions)

### Care for a Seizure
- Remain with the person
- Time the length of seizure
- Protect person from injury (Move dangerous objects away)
- Position the victim on one side as soon as possible after seizure or if fluid such as vomit/food/blood in mouth
- Be reassuring and comforting
- **CALL AN AMBULANCE (DIAL 000)**

### Do Not
- Try to stop seizure
- Place anything between mouth
- Unless in danger, do not move

### Call 000 for an Ambulance If:
- You are in any doubt
- Victim appears to be injured
- Has repeated seizures
- Victim is pregnant
- Victim is an infant and
- The person does not have a history of seizures
- Seizure takes place in water
- Victim fails to regain consciousness after the seizure
- Uncertainty of cause of seizure
- Victim has breathing difficulties
- Another seizures follows
- Seizure lasts longer than 5 minutes
- Victim is non-responsive more than 5 minutes after seizure ends