Early Years Policy – Epilepsy and Seizures

Attachment 1 - Seizure First Aid

Tonic-Clonic seizure

A convulsive seizure with loss of consciousness, muscle stiffening, falling, followed by jerking movements.

* Note the time the seizure started and time until it ends.
* Protect the head – use a pillow or cushion, if available.
* Remove any hard objects that could cause injury.
* Do not attempt to restrain the person, stop the jerking or put anything in their mouth.
* As soon as possible, roll the person onto their side – you may need to wait until the seizure movements have ceased.
* Talk to the person to make sure they have regained full consciousness.
* Stay with and reassure the person until they have recovered.

Absence seizure

Occurring mostly in children, this consists of brief periods of loss of awareness. Can be mistaken for day-dreaming.

* Timing can be difficult – count how many happen daily.
* Reassure the person and repeat any information that may have been missed during the seizure.

Focal seizure

A non-convulsive seizure with outward signs of confusion, unresponsiveness or inappropriate behaviour. Can be mistaken for alcohol or drug intoxication.

* Note the time the seizure started and time until it ends.
* Avoid restraining the person and guide safely around objects.
* Talk to the person to make sure they have regained full consciousness.
* Stay with and reassure the person until they have recovered.

Call an ambulance - 000:

* for any seizure if you don’t know the person or if there is no epilepsy management plan
* if the seizure continues for more than five minutes
* if the seizure stops but the person does not regain consciousness within five minutes, or another seizure begins
* when a serious injury has occurred, if a seizure occurs in water, or if you believe a woman who is having a seizure is pregnant.

National Epilepsy Support Service

* The National Epilepsy Support Service is available Mon to Fri, 9am to 5pm (AEST) to provide support and information across Australia. Phone 1300 761 487 or email support@epilepsysmart.org.au
* The National Epilepsy Support Service is not a medical emergency line. If you are experiencing a medical emergency, call 000.

Epilepsy Smart Australia

* A national partnership working together to bring you the best knowledge and resources about the management of epilepsy. There's help for people with epilepsy, those who support them, and for broader community organisations and companies.
* Please contact the National Epilepsy Support Service for details of your state/territory epilepsy organisation.