

Seizure (a.k.a. fit or convulsion)

1 in 20 people will experience a seizure, fit or convulsion during their life.

What is a seizure?

There are many types of seizures.

Seizures can be momentary, and the casualty may not even realise they are having a fit. However, seizures can also cause violent, out-of-control thrashing movements.

A seizure is caused by a disturbance in the electrical activity in the brain. It can be caused by lack of oxygen to the brain, by a bang on the head, a brain tumour, a cardiac arrest, raised temperature, drugs, fainting and many other things. Sometimes doctors can't tell why a seizure happened.

If someone is having a seizure:

- 1.** Ease them to the ground if they are on a chair or standing up.
- 2.** Remove any objects against which they could hurt themselves.
- 3.** Ask bystanders to move away and protect the casualty's dignity.



- 4.** Protect their head (e.g. with a pillow or clothes).
- 5.** Loosen any tight clothes.
- 6.** Stay with them and talk to them reassuringly throughout the seizure.
- 7.** Once the seizure has stopped, check that they are breathing
- 8.** Put them in the recovery position if they are unresponsive.

If they are not breathing, start CPR.



Phone for an ambulance if:

- it is their first seizure
- the seizure lasts for more than 5 minutes
- they have another seizure straight afterwards
- they are injured
- they have had seizures before and this one is different
- they are unresponsive for more than 5 minutes afterwards

NOTE:

- Never put your fingers or anything in their mouth to try and prevent them biting their tongue
- Do not try and move them unless they are in immediate danger (i.e. near something dangerous that you can't move away from them)
- Do not restrain their movements while they are fitting
- Do not give them anything to eat or drink until fully recovered
- Never try and 'bring them round'

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