

MEDIA RELEASE

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Learn what to do in the event of a seizure

This year, Epilepsy Awareness Week will take place from the 8th – 14th of May and St John (NSW) is encouraging people to learn first aid so they know what to do in the event of a seizure.

Here are some first aid tips from St John (NSW):

Signs and symptoms of a seizure:

The casualty may:

- suddenly cry out
- fall to ground
- have a congested and blue face and neck
- have jerky, spasmodic muscular movements
- froth at the mouth
- bite the tongue
- lose control of bladder and bowel

St John (NSW) recommends the following steps:

- 1. Check for signs of life:**
 - Follow DRABCD. (Danger, Response, Airway, Breathing, CPR, Defibrillator)
- 2. Protect the casualty:**
 - protect from injury
 - do not restrict movement
 - do not place anything in mouth
- 3. Manage injuries:**
 - place on side as soon as possible
 - manage injuries resulting from seizure
 - do not disturb if casualty falls asleep
 - continue to check for signs of life
- 4. Seek medical aid if:**
 - the seizure continues for more than 5 minutes
 - another seizure quickly follows
 - the person has been injured.



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Call an ambulance if:

- the seizure continues for more than 5 minutes
- another seizure quickly follows
- the person has been injured
- the person has a history of diabetes

For more information on first aid training, please visit www.stjohnnsw.com.au or call 1300 360 455.

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