



# Seizure information sheet

Staff should familiarise themselves about seizure first aid.

Seeing a seizure can be quite frightening and the person can change colour, which is a sign that someone's tongue has blocked their airway. If the person changes colour while they are fitting, you should lift the chin and tilt their head back and this will open their airway.

**Note: it is important to time seizures – they usually last 3 minutes, however, if the seizure lasts more than 5 minutes call 999. A seizure lasting more than 5 minutes requires medical attention ([explanation here](#)).**

Seizure information and first aid:

- [What to do when someone has a seizure St John's Ambulance video](#)
- [Take Epilepsy Action video on seizure first aid](#)
- Visit <https://epilepsysociety.org.uk/seizure-first-aid> to read more information on seizures and how you can help during a seizure.
- Printable resource detailing [first aid for tonic-clonic seizures](#)

**Service users dependent on alcohol** are at risk of alcohol related seizures if they stop drinking suddenly (generally 24-48 hours after their last drink, but seizures can happen as soon as 2 hours after). **Call 999 if a service user has a seizure due to alcohol withdrawal.** If a client has a seizure due to alcohol withdrawal, they will need to be admitted to the hospital so they can be supported with medication to fully recover. Anyone dependent on alcohol who would like to reduce their alcohol intake should do this with the support of a substance use team worker. An alcohol related seizures information sheet created by Homeless Health Service and the HHCP can be found [here](#).

Epilepsy Society has a campaign aimed at giving people the basic tools of seizure first aid that could help save a life. The campaign is focusing on tonic clinic seizures as these are the type of seizure that are most easily recognised. The campaign gives people 3 simple but key instructions via a video to remember in an emergency: '[Calm, Cushion, Call](#)'. You can also download a 'Calm, Cushion Call' poster to display at your service [here](#).