

## First Aid for Seizures

### What do I do if my child has a seizure?

Most seizures are not dangerous and stop on their own within minutes. The most important thing is to keep your child safe and follow your child's seizure action plan.

### What is first aid for seizures?

1. Turn your child on their side.
2. Time the seizure using your watch or phone.
3. Do not hold them down or put anything in their mouth.
4. Cushion your child's head (ex: pillow or a folded jacket).
5. Take off tight clothing, glasses, or jewelry.
6. Stay with your child and keep them away from furniture.
7. Offer comfort as the seizure ends; the child may feel confused, sleepy, or scared afterwards.



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### What happens during a seizure?

A seizure is a sudden burst of electrical energy in the brain. There are different types of seizures. Your child may have:

- stiff body
- jerking movements in their arms and legs
- blank stare
- large movements
- lip smacking

### What are the different types of seizures?

Some common types of seizures include:

- Absence seizures (brief staring)
- Tonic-clonic seizures (stiffening and jerking)
- Febrile seizures (triggered by a fever)
- Focal seizures (one area of the brain)

Care for your child might look different depending on the type of seizure.

## What will help prevent seizures?

The best way to prevent or reduce seizures is to follow your treatment plan given by your doctor:

- Taking anti-seizure medicine (if prescribed)
- Lower stress levels
- Keep a good sleep schedule
- Avoid flashing lights
- Keep a regular meal schedule
- If your child has febrile seizures, pay attention to sickness and fevers

## What do I need to tell the doctor after a seizure?

The doctor may never see your child have a seizure as they often happen outside of the hospital or clinic. Share helpful details about the seizure with your child's care team, such as:

- What your child was doing before the seizure
- What happened during the seizure
- How long the seizure lasted
- What parts of the body were involved
- How quickly your child recovered
- If your child had a fever

## When do I call 911 (what is considered an emergency)?

Call 911 if a seizure lasts longer than 5 minutes or if they received a rescue medicine. As you learn more about your child's seizures, it will be easier to decide if you should call 911.

### Always call 911 if:

- Rescue medicine does not stop seizure
- Seizures are happening close together
- Your child does not return to normal
- You are worried about your child's breathing
- Your child does not start breathing after the seizure
- A head injury occurred during the seizure
- The seizure happened in water
- Your child is not breathing or does not have a pulse - Start **CPR** while you wait for help to arrive.

## Your child should be transported via ambulance if there is a seizure emergency!

This information is not meant to replace the advice of your Healthcare Professional. Be sure to ask questions and discuss your medical condition or any medical treatments with your doctor.