

Guidelines for During and After a Seizure

What to do:

Protect

- Move the child away from danger
- Do not try to restrain the child except if he/she is in danger of injuring self
- Keep airway open-turn the child on his/her side to allow secretions to drain from mouth

Observe

- Stay with the child and watch what is happening

Comfort

- The child may be agitated or dazed after the seizure; stay calm and be reassuring

Medical evaluation

- Call your doctor or follow the instructions the doctor has given you

Call Emergency Medical Services

- If the seizure lasts more than 5 minutes or there is more than one seizure (unless your doctor tells you otherwise)
- If the child does not recover or is injured

What not to do:

- Do not panic
- Do not put anything in the child's mouth
- Do not hold the child's tongue
- Do not throw water on the child
- Do not put the child in the bathtub while he/she is having a seizure
- Do not restrain any part of the child (unless he/she is in danger)