

# WHAT TO DO IF YOUR CHILD IS HAVING A SEIZURE

Give midazolam if the seizure lasts over 5 minutes  
or if \_\_\_\_ seizures happen within \_\_\_\_ minutes

- 1 Stay calm and reassure your child.
- 2 Make sure your child is in a safe place. If not, lay them down on the floor, or move furniture or sharp objects.
- 3 Start timing the seizure. Video the seizure if possible.
- 4 At 4 minutes of seizure activity prepare the midazolam (15mg/3ml) = \_\_\_\_ml.
- 5 At 5 minutes of seizure activity give midazolam into the side of the cheek (buccally).
- 6 Call 111 for an ambulance when you give the midazolam, unless instructed otherwise by your doctor.
- 7 Watch your child's breathing.
- 8 When seizure has finished place your child in the recovery position.  
*Knee stops body from rolling.*  
*Head tilted to keep airway open.*  
*Hands support head. Mouth is toward the ground.*
- 9 Let your child rest and recover in a calm and quiet space until back to normal.
- 10 Document seizure in seizure diary.  
If instructed, let your medical team know about the seizure.

