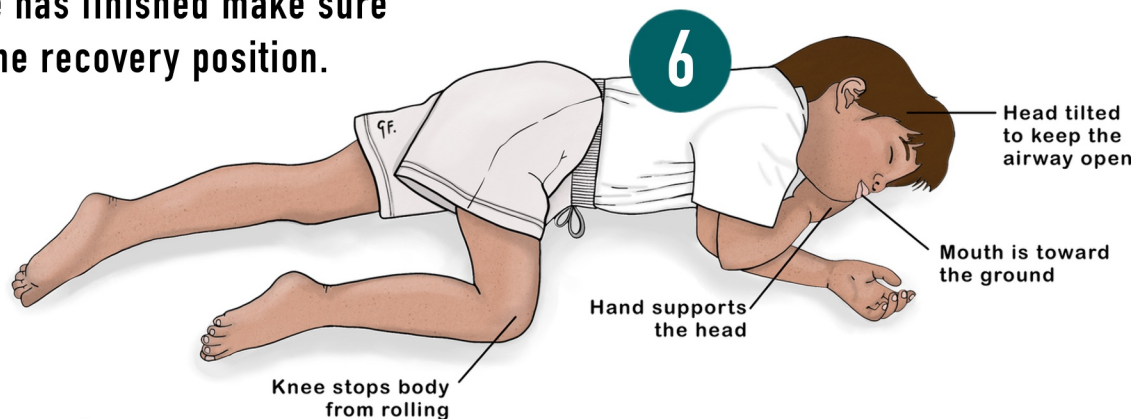


# WHAT TO DO IF YOUR CHILD IS HAVING A SEIZURE

- 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 you can.
- 4 Stay with your child during the seizure. Tell them quietly you are right beside them.
- 5 If the seizure lasts more than 5 minutes call an ambulance.

- 6 When the seizure has finished make sure your child is in the recovery position.



- 7 Let your child rest and recover in a calm and quiet space until back to normal.
- 8 Document seizure in seizure diary.  
If instructed, let your medical team know about the seizure

## When to dial 111 for an ambulance:

- your child's seizure lasts longer than 5 minutes
- your child has 2 or more seizures in a row
- your child has had a head injury or injured themselves during the seizure

