

WHAT TO DO IF YOUR CHILD IS HAVING A SEIZURE

Give diazepam 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 diazepam (Stesolid® tube).

5 At 5 minutes of seizure activity, place your child in the recovery position and give diazepam into the bottom (rectally).

6 Call 111 for an ambulance when you give the diazepam, unless instructed otherwise by your doctor.

7 Watch your child's breathing.

8 When the seizure has finished keep your child in the recovery position.

9 Let your child rest and recover in a calm and quiet space until back to normal.

10 Record seizure in seizure diary.
If advised, let your medical team know about the seizure.

