

# 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

0 MINUTES

## SEIZURE STARTS

Start timing the seizure  
Stay calm  
Move your child to a safe place  
Reassure your child

Video the seizure if possible

CONTINUES

STOPS

4 MINUTES

Draw up \_\_\_ ml of  
midazolam (15mg/3ml)

STOPS

Put your child in the  
recovery position

Head tilted to  
keep airway open.

CONTINUES

Give midazolam into the side  
of the cheek (buccally)

Call 111 unless instructed otherwise  
by your doctor

STOPS

Hands support head.  
Mouth is toward the ground.

Knee stops body  
from rolling.

Let child rest & recover

Stay with them until back to normal  
Record in seizure diary  
If advised, let medical team know  
Dr \_\_\_\_\_

5 MINUTES



For more detailed information see Seizure First Aid  
on KidsHealth by scanning the QR code or visiting  
[www.kidshealth.org.nz/seizure-first-aid](http://www.kidshealth.org.nz/seizure-first-aid)

**KidsHealth**  
[kidshealth.org.nz](http://kidshealth.org.nz)