

# 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).

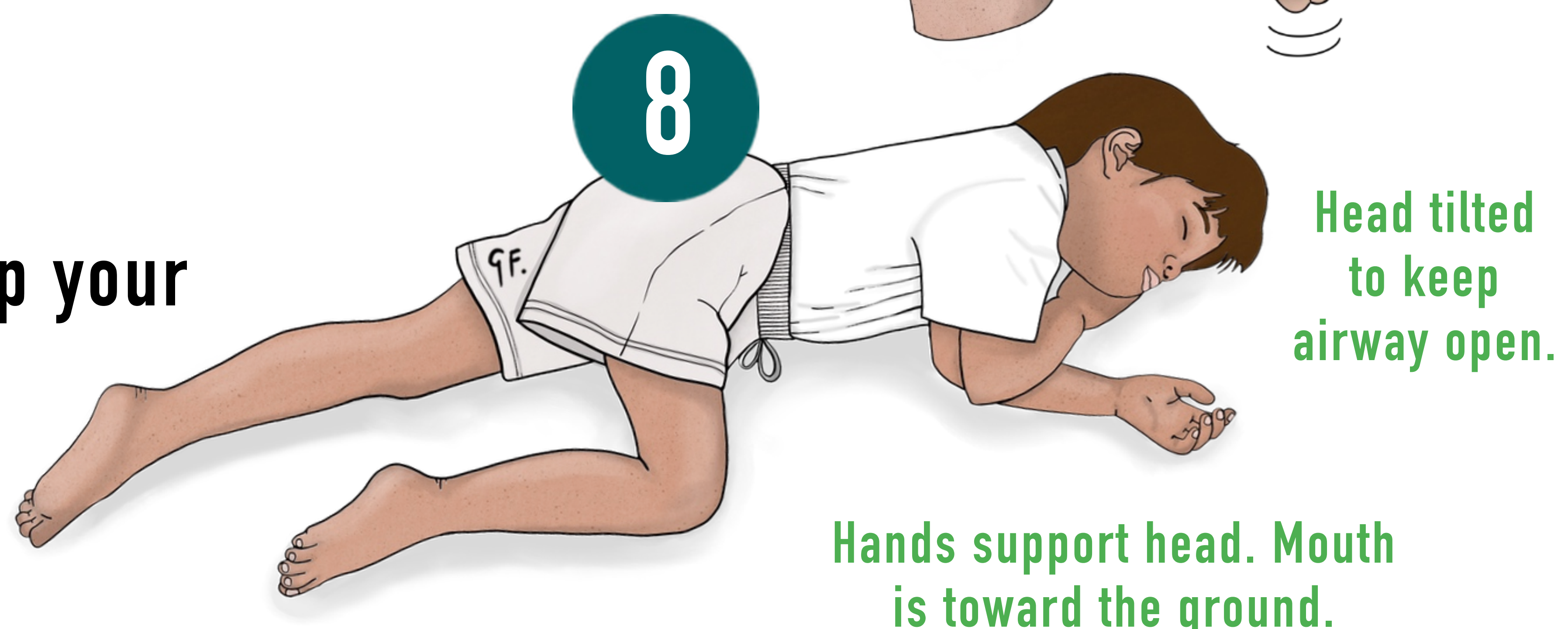
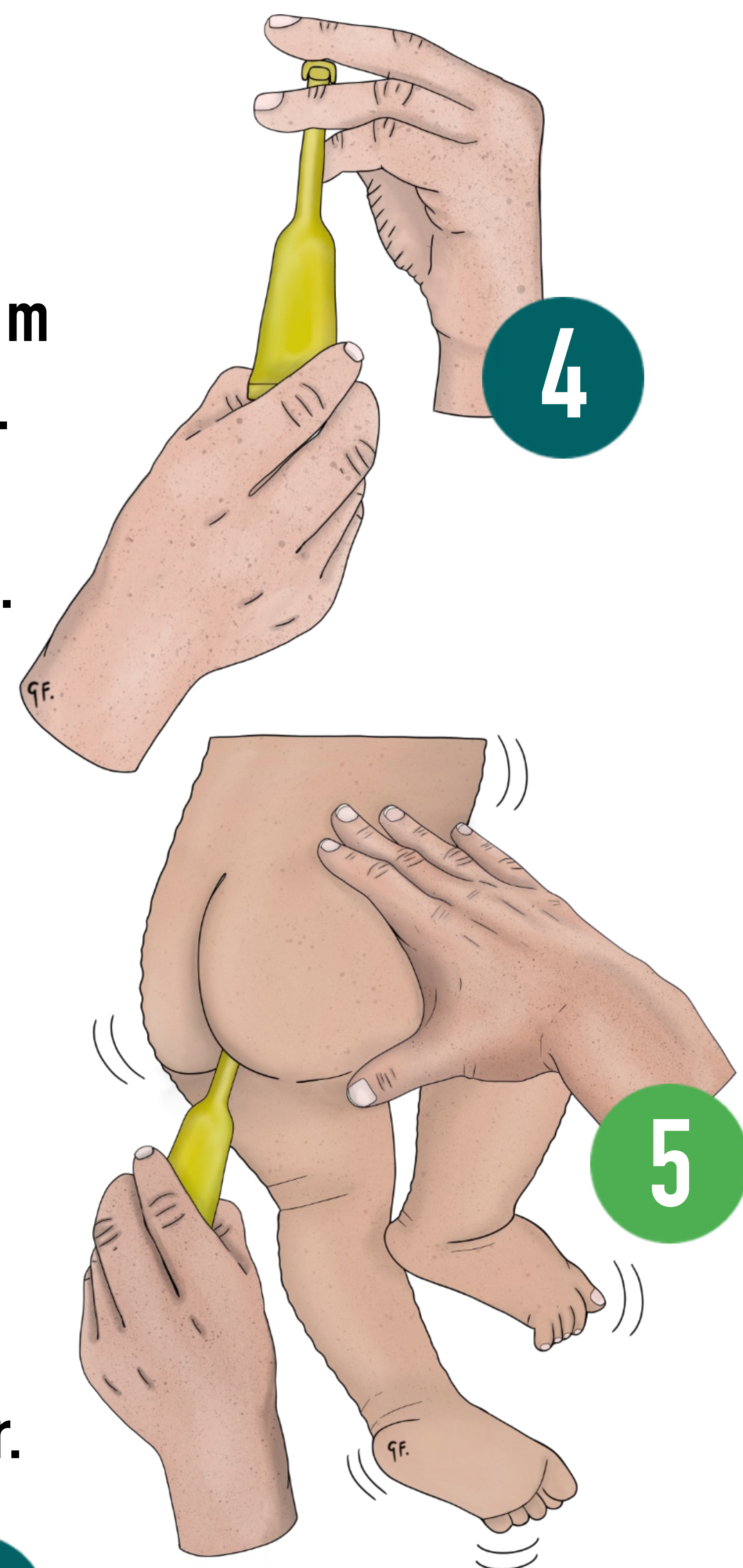
**6** Call 111 for an ambulance when you give the diazepam, unless instructed otherwise by your doctor.

**7** Watch your child's breathing.

**8** When 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.



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)

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