

## Seizure First Aid

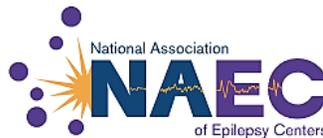
- Stay **calm** and **time** the seizure
- Protect child from injury – **clear the area** of anything hard or sharp
- Turn child gently onto their **side** to help keep the airway clear
- Cushion their head
- Loosen any tight clothing around the neck
- Do **not** put anything in their mouth
- Do **not** hold child down or try to stop their movements
- If the seizure does not stop at 5 minutes, administer emergency medication and call 911

Stay with your child until they have fully recovered.

## Emergency medication(s) may include:

- Rectal diazepam (Diastat)
- Intranasal diazepam (Valtoco)
- Intranasal midazolam (Nayzilam)

All,  
for  
your  
one.<sup>SM</sup>



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# Seizure Safety

Important Information for  
Patients and Families



 **Ann & Robert H. Lurie  
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# Seizure Safety

## What is a Seizure?

A seizure is a sudden, uncontrolled electrical disturbance occurring in the brain.

There are many different types of seizures. Some seizures may last only seconds while others may last for a few minutes.

Most seizures will stop on their own and do not require immediate medical treatment. With some seizures, breathing may become shallow and you may see some blue discoloration around the mouth (called perioral cyanosis).

It is very rare that a child stops breathing or has any heart concerns during a seizure.



Illustrations by Heba Akbari, MD

# Living with Epilepsy

## Water Safety

- Take showers instead of baths. If your child does take a bath, keep water level low and stay with your child.
- Never swim alone; always have an adult present.
- In large bodies of water, have your child wear a life jacket.



## Wheels

- Wear safety equipment.
  - Helmets are essential to protect a child from scalp and brain injuries.
  - This applies to anything with wheels, including bicycles, roller blades and scooters.
- Driving is not allowed when seizures are not controlled. Talk to your health care provider before participating in driver's education.



## Heights

- Avoid ladders or unprotected heights.
- Have an adult watch when on high playground equipment, such as the monkey bars.
  - If your child wants to climb for recreation, make sure they are wearing a safety harness and helmet.



## Keeping your child safe

- Teach family members and friends seizure first aid.
- Have your child wear a medical alert bracelet or identifier that says he or she has epilepsy.
- Make sure your child takes their medication on time, every day. This is very important to reduce chance of seizures.
- Make sure your child gets enough sleep. Poor sleep can lead to more seizures.
- Consider a helmet if your child has seizures that cause frequent falls.
- Obtain a Seizure Action Plan. A seizure action plan is individualized and will help explain what to do if your child has a seizure.

For more seizure safety information, including steps to "safety proof" your home, visit [www.healthychildren.org](http://www.healthychildren.org)