

Knowing What to do When a Seizure Occurs

SEIZURE RESPONSE	
WHAT TO DO DURING A SEIZURE	<ul style="list-style-type: none"> • Stay calm; most seizures last a few minutes or less. • Move things out of the way to prevent injuries. • Lay the child on one side. Loosen any tight clothing around the neck and put a pillow or something soft under the head. • Pay attention to the length of the seizure. • Keep onlookers away. • Be sensitive and supportive, and ask others to do the same.
WHAT NOT TO DO DURING A SEIZURE	<ul style="list-style-type: none"> • Do not put anything in the mouth. A child might bite a tongue during a seizure. Putting something in the mouth won't help. You could break some of the child's teeth. You may get bitten. • Do not try to hold the child down. Even children have remarkable strength during seizures. Trying to hold a child down is not easy and it can cause serious injuries. • Do not give mouth-to-mouth resuscitation during a seizure. After it has ended, give mouth-to-mouth only if a child is not breathing.
WHEN TO CALL 9-1-1	<p>Most seizures are not medical emergencies.</p> <p>An ambulance should be called if:</p> <ul style="list-style-type: none"> • The seizure lasts longer than 5 minutes or one seizure immediately follows another. • Your child does not resume normal breathing after the seizure ends. • Your child was seriously injured during the seizure. • Your child/adolescent is pregnant or has diabetes. • The seizure happens in water, and therefore your child may have inhaled water. • Do not call an ambulance during a typical seizure. For a lot of people, the first response to seeing a seizure is to call 911. But most of the time it is not needed. It is scary for a child to spend hours in the hospital. It is a shame to do that when it isn't needed.
WHAT TO LOOK FOR AFTER A SEIZURE	<p>What happens after a seizure depends on the type of seizure, how long it was, how strong it was, and other factors.</p> <p>A child could have sore muscles or a headache. There could be pain in the tongue and cheek from biting them. A child may feel confused or tired. The skin might look pale or bluish.</p> <p>Some children may feel that what happens after a seizure is worse than what happens during a seizure. Sometimes medications don't change the seizures, but they reduce things that happen after the seizure.</p>