Seizure first aid

Signs and symptoms:
• Unusual sensations or twitching before the seizure.
• Uncontrollable muscle spasms.
• Loss of consciousness.
• Uncontrolled urination or bowel movement.

What to do if your child has a seizure:
• Gently place your child on the floor or ground, and remove any nearby objects.
• Loosen any clothing around the head or neck.
• Do not try to prevent your child from shaking; this will not stop the seizure and may make your child more uncomfortable.
• Do not put anything in your child’s mouth. Your child will not swallow his or her tongue, and forcing teeth apart could cause injuries.
• Roll your child onto his or her side. If your child vomits, keep him or her on the side and clear out the mouth with your finger.
• Do not give your child anything to drink.
• Call 911 and your local endocrine doctor.

• Check the blood sugar.
  - If the blood sugar is less than 50, administer glucagon and keep checking every 10 minutes until help arrives.
  - Glucagon can cause vomiting.
  - If your child vomits, keep him or her on her side.

Seek emergency medical care if your child:
• Has a seizure lasting more than five minutes or is having repeated seizures.
• Has difficulty breathing.
• Has a bluish color on the lips, tongue or face.
• Remains unconscious for more than a few minutes after a seizure.
• Falls or hits his or her head before or during a seizure.
• Seems to be ill.
• Has any symptom that concerns you.

Think prevention!
If your child has a known seizure condition, be sure that he or she gets plenty of rest and takes any prescribed seizure medication on time.