

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.