

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

0 MINUTES

SEIZURE STARTS

Start timing the seizure
Stay calm
Move your child to a safe place
Reassure your child

Video the seizure if possible

CONTINUES

STOPS

4 MINUTES

Prepare the
diazepam
(Stesolid® tube)

STOPS

Put your child in the
recovery position

Head tilted to
keep airway open.

CONTINUES

Give diazepam into the
bottom (rectally)

Call 111 unless
instructed otherwise
by your doctor

STOPS

Hands support head.
Mouth is toward the ground.

Knee stops body
from rolling.

5 MINUTES

Let child rest & recover

Stay with them until back to normal
Record in seizure diary
If advised, let medical team know
Dr _____



For more detailed information see Seizure First Aid
on KidsHealth by scanning the QR code or visiting
www.kidshealth.org.nz/seizure-first-aid

KidsHealth
kidshealth.org.nz