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## Signs and Symptoms of Seizures

Seizures can take many forms, from staring spells to involuntary movements of the arms and legs. Some signs a child might be having a seizure are:

- unusual sensations or twitching before the seizure
- staring, not responding to anyone
- uncontrollable muscle spasms
- loss of consciousness (passes out)
- uncontrolled peeing or pooping

## What to Do if a Child Has a Seizure:

If someone is nearby, ask them to call the child's parents (if not present) and health provider. If no one is with you, follow the steps below and then call the child health provider:

1. Gently place the child on the floor or ground and remove any nearby objects.
2. Lay the child on his or her side to prevent choking on saliva (spit).
3. If the child vomits, clear out the mouth gently with your finger.
4. Loosen any clothing around the head or neck.
5. Make sure the child is breathing OK.
6. Don't try to prevent the child from shaking — this will not stop the seizure and may make your child more uncomfortable.
7. Don't put anything in the child's mouth. The child will not swallow his or her tongue, and forcing teeth apart could cause injuries or block the airway.
8. Don't give the child anything to eat or drink, and don't give any medicine pills or liquid by mouth until the child is completely awake and alert.
9. Try to keep track of how long the seizure lasts.
10. The child may be sleepy or may take a while to get back to normal after the seizure. Stay with the child until he or she is awake and aware, and let the child rest after the seizure.

## Get Emergency Medical Care or Call 000 if the Child:

- has a seizure lasting more than 5 minutes or is having repeated seizures
- has trouble breathing
- has a bluish colour 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
- has a seizure while in water