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**Seizure First Aid and Safety**

**First Aid for seizures**

* stay calm and let the seizure run its course
* time the seizure and take a video if possible
* protect from injury-place your child on their side in the recovery position.
* loosen anything tight around the neck
* don’t restrain movements
* don’t put anything in their mouth (they will not swallow their tongue)
* call 911 if the seizure lasts 5 minutes or if you are concerned

**Seizure Safety**

* take showers (when someone else is home) not baths-baths must be visually supervised. Do not lock bathroom or bedroom doors
* when swimming, an adult must supervise the child and be able to get them out of the water should a seizure occur. When swimming in dark water i.e. lake or ocean, your child should wear a lifejacket.
* wear helmets for activities that require helmets (biking, scooters, sledding, skiing etc.)
* avoid heights that if the child fell because of a seizure, they would seriously hurt themselves
* avoid open flames and hot appliances to decrease the risk of burns should a seizure occur
* avoid scuba diving; wear appropriate safety equipment for rock climbing

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