

Seizures (Convulsions, Fits)

If your child has a seizure, do not panic. Place the child on a flat surface, such as the floor or a bed. Keep the child from hurting herself while thrashing, but **DO NOT** attempt to pin the child down. **DO NOT PUT ANYTHING IN HER MOUTH.** **DO NOT** splash cold water on her. Most seizures last less than ten minutes. Time your child's seizure. Make note of what the child's eyes and limbs are doing and how the child is breathing. After the seizure has stopped, take her temperature under the arm or in the ear, not in the mouth. After the seizure is over, or if the seizure lasts more than ten minutes, call us. We do not advise you to go to the emergency room without first speaking to the doctor.