A seizure happens when the brain cells send electrical signals that can cause:

- The arms and legs to jerk or twitch
- The eyes to stare or blink
- Other unexplained body movements

A seizure can be caused by a high fever from an illness or infection. Seizures may also be caused by seizure disorders. A seizure disorder is determined by a medical evaluation that may include special testing.

**What to do if your child has a seizure:**

1. Stay calm.
2. Do not put anything in your child's mouth.
3. Place your child on his side to help prevent choking.
4. Loosen his clothing.
5. Do not try to hold your child during the seizure. Move objects away from him, so he does not get hurt. Protect head/face from injury.
6. Do not give him any medication by mouth during the seizure. This may cause him to choke.
7. Write down the time the seizure started and the time it stopped.
8. Watch what happens during your child's seizure.
   - Were both arms and legs twitching?
   - Were his eyes rolling up or staring?
   - Did he make any chewing movements?
   - Did he lose any urine or have a bowel movement?
   - What color was his skin, especially around the mouth?

**Call 911 if:**

- The seizure lasts longer than 5 to 10 minutes.
- Your child has trouble breathing or turns blue.
- You can not feel your child's pulse after the seizure has stopped.
- Your child fell during the seizure and injured himself.
After the seizure:

- Your child may be sleepy and confused. Be sure to place him in a safe place to rest so you can watch him closely.
- Call your child's doctor for follow-up care.

If your child has a known seizure disorder, you should contact his doctor if:

- There is an increase in the number of seizures your child is having.
- There is a change in the type of seizure activity your child is having.

Your doctor may need to do a blood test to check your child's medication level.

Call your child's doctor or the Children's Mercy Hospital Information Line at (816) 234-3188 if you have questions or concerns.

For more information:

- You may want to take a CPR class to learn how to handle emergencies. Contact the American Heart Association at (913) 648-6727 for information on classes in your area.
- See "Fever" CARE CARD for more information on fever care and how to take a temperature.
- Contact the Epilepsy Foundation of The Heart of America at (816) 444-2800 for more information on seizures.