# What to do during a seizure

For anyone caring for a person with Dravet syndrome who is not a health professional: school staff, family, friends or babysitters.

**Name** _____

**Their rescue medication** _____ **Dose** _____

**Give it at** _____ **minutes, or** _____ **Family phone number** _____

The family fills in these details from their emergency protocol, signed by their neurologist. If their protocol says something different, follow their protocol. 112 is the emergency number throughout the European Union; elsewhere, call the local emergency number.

## EVERY MINUTE COUNTS

### Minute 0
Note the time. Protect them without holding them down and turn them on their side as soon as you can.

### At 5 minutes
Rescue medication, or sooner if their protocol says so.

### If it does not stop: 112
If it is still going on about 10 minutes after the rescue medication, or sooner if their protocol says so.

### Afterwards
On their side, with you by their side: check they are breathing well, let them rest and tell the family.

## STEP BY STEP

1. **Stay calm and note the time.** How long it lasts decides when to give the medication and when to call 112. If someone else is there, they can video the seizure: safety comes first.
2. **Protect without holding down.** Move objects that could hurt them and put something soft under their head.
3. **Turn them on their side** as soon as you can, especially when the seizure stops, so they can breathe more easily.
4. **Give the rescue medication as their protocol says.** Do not repeat the dose unless the protocol says so.
5. **Stay with them until they recover.** If they do not respond and are not breathing normally, call 112 and start CPR: the emergency operator will guide you.
6. **Write down the time, how long it lasted and what it was like,** and tell the family.

## WHAT NOT TO DO

- × Do not put objects or your fingers in their mouth: they will not swallow their tongue. Rescue medication given inside the cheek (buccal) is the exception, if their protocol includes it.
- × Do not hold them down or try to stop the movements.
- × Do not give them water, food or medicines by mouth until they are fully awake.
- × Do not leave them alone until they have fully recovered.

## CALL 112 IF…

- ! it lasts more than 5 minutes and you do not have the rescue medication, or it is still going on about 10 minutes after giving it;
- ! seizures keep coming or they do not return to their usual state;
- ! they have difficulty breathing or blue lips when the seizure stops;
- ! they have had a hard fall or blow, the seizure happened in water or it is different from their usual seizures.

**Fever and heat.** In Dravet syndrome, fever, heat, a hot bath or a lot of exercise can trigger seizures. If they have a fever or are very hot, tell the family.