

Note

If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

Look for

- ☎ Sudden, large amounts of fluids/blood from vagina
- ☎ Severe, persistent knife-like pain in lower abdomen and back
- ☎ Sudden abdominal pain with fainting
- ☎ Seizures
- ☎ Baby's head presenting

Listen for *statements about*

- ☎ Gush or slow leak of water or blood from vagina
 - Diagnosed, suspected pregnancy
- ☎ Need to push; baby is coming
 - Persistent abdominal pain, intermittent cramping
 - Persistent nausea, vomiting
 - Severe headache or visual change

Action

1. Remember to use gloves and other personal protective equipment before caring for the student. Protective sheets and blankets may be placed under the student.
2. Assist the student to be as comfortable as possible, placing pillows as appropriate.
3. Should the baby's head become visible, be ready to support the head and shoulders but **do not** pull on the head or cord.
4. Hold the baby with its head lower than its feet; wipe mucous from both nose and mouth. You can stimulate the baby's breathing by rubbing its back or flicking its feet. If breathing does not start within a minute of birth, begin CPR if trained.
5. Keep the baby warm with clean blankets/sheets.
6. Tie the cord 4 inches from the baby and 2 inches closer to the afterbirth (placenta). (Use shoe strings if necessary.) **Do not** cut the cord; the afterbirth will emerge on its own.

Always follow school district policy when providing first aid or emergency care.

