

Fainting

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

- ☎ Unresponsive for more than a few seconds
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- Extreme paleness
- Sweating
- Jerking/twitching

Listen for *statements about*

- Vision dimmed, seeing spots
- Dizziness, lightheadedness
- Hands, feet, mouth tingle
- Nausea
- Skipped meal

Action

1. Begin CPR (p. 37) for absent breathing if you are trained.
2. If you do not suspect a head, neck, or back injury:
 - Position student on left side, as possible
 - If student remains on back, elevate legs 6 to 12 inches until fully recovered.
3. If other symptoms present (e.g., chest pain, difficulty breathing/speaking, underlying medical condition), follow appropriate procedures.
4. When student revives (tissue color and breathing normal), encourage sitting for several minutes before standing.
 - If faint feeling returns, have student lie down again.
5. A cool compress may be applied to the forehead if it provides comfort to the student.
6. **Do not:**
 - Splash water on face or offer fluids.
 - Use ammonia inhalants.
7. If a nurse is unavailable, share with parent the need for immediate medical consultation.

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

