

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

- ☎ Absent breathing after seizure stops
- ☎ Unconsciousness after seizure stops
- ☎ Is injured during the seizure, has no history of seizure, or seizure continues for more than 5 minutes
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly after seizure stops
- Eyes moving upwards/to side in rapid or “rolling” movements
- Upper body, arms turning in jerking or exaggerated stretching motion
- Pale or bluish skin
- Sudden crying out, scream, fall
- Bowel, bladder incontinence
- Blank stare, seems dazed, unable to respond to questions/directions
- Random actions (e.g., lip chewing or smacking, picking at clothing, mumbling, wandering, hand wringing, or disrobing)

Listen for *statements about*

- “I’m going to have a seizure.”
- Pain in head, feeling of numbness, tingling, or prickling
- Report of recent head injury

***Seizure information
is continued on the next page***

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

Seizures *(continued)*

Action

1. **DO NOT:**

- Restrain student.
- Stop purposeless behavior.
- Put anything into student's mouth.

2. **DO:**

For generalized seizure (with convulsions):

- Protect the student
 - Remove objects nearby that could cause injury
 - Allow the seizure to run its course
 - Remove eyeglasses
3. Loosen tight clothing at neck (as possible). Time seizure and direct others to clear away, as possible, harmful objects.
4. After seizure, assist student to change clothing and rest, as needed.
5. Any student experiencing a seizure while swimming must be examined by a medical provider.
6. Call EMS for any of the following:
- It is the student's first seizure.
 - Seizure lasts longer than 5 minutes with no signs of slowing down.
 - Student experiences absent breathing after seizure stops.
 - Student has consecutive seizures.
 - Seizure follows a head injury.
7. If absent breathing, start CPR (p. 37) if you are trained.