

Shock

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
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- ☎ Difficult/absent breathing
- ☎ Rapid, weak, or very slow pulse (if trained to assess pulse)
- ☎ Mottled, blue skin
- ☎ Profuse bleeding
- Restlessness, irritability
- Pale, cool, moist skin
- Nausea
- Very thirsty

Listen for *statements about*

- Feeling dizzy
- Nausea
- Recent injury
- Chronic medical condition

Action

1. Lie person down, elevate students' legs 6 to 12 inches unless you suspect a serious injury to the spine, hips, legs, head, or if the movement causes pain. If having breathing difficulty, let student rest in most comfortable position.
2. Maintain body temperature protecting the area underneath the student and covering with blanket/sheet, as appropriate, to avoid chilling.
3. Avoid giving anything to eat or drink.

