

## **FIRST AID FOR SEIZURES**

The most important thing to do when someone is having a seizure is to stay calm. Most seizures are not emergencies and do not require an ambulance. In fact, most seizures end on their own, in a few seconds or minutes. However, there are some simple things you can do to help a person who is having a seizure avoid unnecessary injury.

- **Stay calm and stay with the student. Notify the Nurse at extension 8480 or 8481. Please identify the student by providing his/her first and last name**
- **Ease the student to the floor in a side lying position, cushioning his or her head to prevent injury**
- **Do not restrain the student or force anything into the student's mouth**
- **Note the time the seizure begins and ends**
- **As the student's awareness returns, he/she may be disorientated, sleepy or embarrassed. Talk slowly, calmly and reassuringly to the student**
- **If seizure is prolonged, i.e., it lasts longer than 5 minutes, call 911**
- **Work with the Health Services Office to provide information required for documenting the seizure**

### **When to call 911:**

- **If the seizure lasts more than 5 minutes**
- **If there is no known history of seizures**
- **If a second seizure occurs immediately after the first one**
- **If the student does not resume normal breathing after the seizure**
- **If there is obvious injury**
- **If the person is pregnant or has diabetes**

