





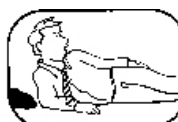





SADDLEBACK VALLEY UNIFIED SCHOOL DISTRICT HEALTH SERVICES

FIRST AID STEPS FOR SEIZURES OR CONVULSIONS

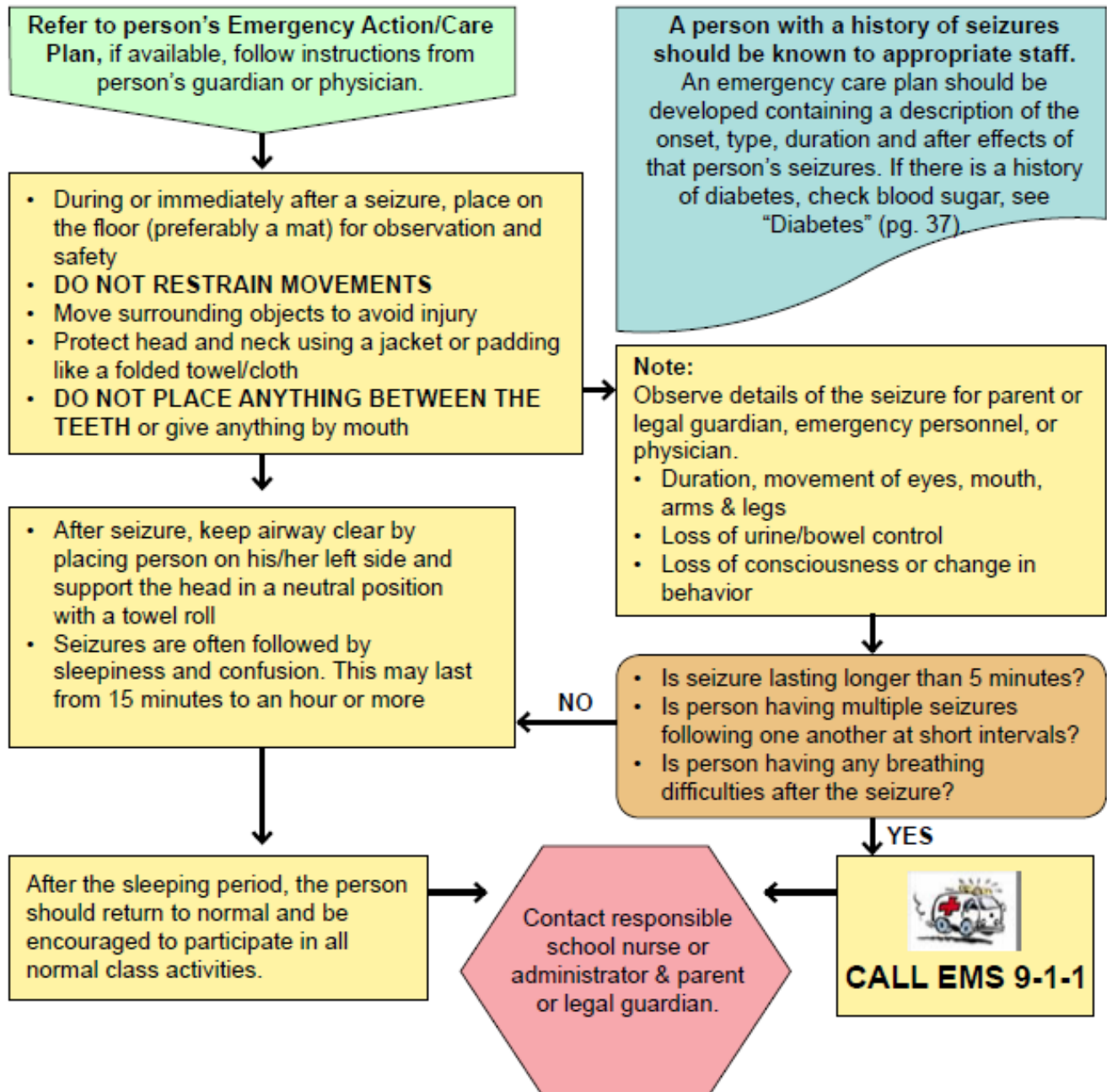
First aid for a Seizure is basically simple. The goal is to keep the person safe until the seizure stops naturally by itself.

<p><u>MILD SEIZURES symptoms</u> may include: Unusual behavior; some repetitive motion; such as eye blinking, and mild facial twitching, mumbling, picking at clothing; Student may tense up and stare, appear daydreaming; confused Student may be unaware of surroundings or unresponsive; or run or struggle if restrained. Lasts about 10 to 30 seconds</p>		<p><u>SEVERE SEIZURES symptoms</u> may include: Stiffening or Rigidity, followed by muscle jerks; Student may vomit; Student may have shallow, rapid, or temporary suspended breathing; Student may be pale or skin and lips turn blue. May last 2 to 3 minutes.</p>
<p><u>SEIZURE FIRST AID</u> * <u>KEEP CALM</u> *</p>		<p>When providing seizure first aid for generalized tonic-clonic seizures, these are the key things to remember:</p> <ul style="list-style-type: none"> • Keep calm and reassure other people who may be nearby.
Cushion Head		<ul style="list-style-type: none"> • Protect from obvious hazards or from falling. Place on the floor. Do not grab roughly or abruptly, unless there is immediate danger. • Clear the area around the person of anything hard or sharp.
Loosen tight clothes		<ul style="list-style-type: none"> • Loosen ties or anything around the neck that may make breathing difficult. • Don't shout, restrain, or restrict movements.
Turn On Side		<ul style="list-style-type: none"> • Turn him or her gently onto one side. This will help keep the airway clear. • Put something flat and soft, like a folded jacket, under the head.
Don't put anything In mouth		<ul style="list-style-type: none"> • Do not try to force the mouth open with any hard implement or with fingers. • Monitor breathing/airway. Do not place anything in mouth. • It is not true that a person having a seizure can swallow his tongue. Efforts to hold the tongue down can cause injury. • Don't attempt artificial respiration except in the unlikely event that a person does not start breathing again after the seizure has stopped.
Look For ID		<ul style="list-style-type: none"> • Observe for any injury, the color of lips, face and skin, breathing. • Note time, length of seizure (by clock). *** <u>Call 911 if longer than 5 min.</u>
Don't Hold Down		<ul style="list-style-type: none"> • Don't hold the person down or try to stop his movements. • Time the seizure with your watch.
As Seizure Ends		<ul style="list-style-type: none"> • When seizure is finished, the student may be sleepy which is normal. Provide a comfortable, private place for rest/sleep where he/she can be observed. Normal breathing then resumes, fatigue will be apparent. • People who've had this type of seizure should be fully conscious and aware before being left on their own. Make sure they know the date, where they are, where they're going next.
...Offer Help		<ul style="list-style-type: none"> • Stay with the student until he/she is aware of where and what is happening. • Stay with the person until the seizure ends naturally. • Be friendly and reassuring as consciousness returns. • Document all seizure activity in the seizure log.

Although most seizures end naturally, one could be a sign of serious illness. **Call for medical assistance if:**

- the seizure lasts more than 5 minutes;
- there is no "epilepsy/ seizure disorder" I.D. present;
- there is slow recovery, a second seizure, or difficult breathing afterwards;
- the woman is pregnant or if there is medical I.D. indicating the presence of another medical condition; or
- there are any signs of injury.

SEIZURES



Signs & Symptoms of Seizure

- Episodes of staring and nonresponsive
- Staring with twitching of the arm and/or leg muscles
- Generalized jerking movement of arms and/or legs with unconsciousness
- Sudden unusual behavior for that person (e.g., strange sounds, belligerence, running)
- If trained personnel and medication available, administer Diastat.