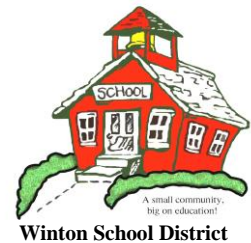


BASIC EPILEPSY FIRST AID



When providing seizure first aid for generalized tonic clonic (gran mal) seizures, these are the key things to remember:

- Keep calm and reassure other student who may be nearby
- Do not hold the person down or try to stop his movements. Loosen tight clothing (around the neck).
- Observe and time the seizure with your watch
- Clear the area around the person of anything hard or sharp (protect the student's head and remove eyeglasses).
- Do not try to force the mouth open with any hard implement or with fingers. **A person having a seizure cannot swallow his tongue.** Efforts to hold the tongue down can injure the teeth or jaw.
- Turn him or her gently on one side. This will help keep the airway clear.
- Stay with the person until the seizure ends naturally.
- After the event, reorient the student to the surroundings and provide a comfortable, safe and supervised place to rest, if needed.
- Be friendly and reassuring as consciousness returns.
- If the affected person is a child, notify parents or other person responsible at the time of the seizure.

A Seizure is considered an emergency (call 911 EMS & parent) when:

- Convulsive (tonic-clonic) seizure lasts longer than 5 minutes
- Student has repeated seizures without regaining consciousness
- Student is injured or has diabetes
- Student has a first time seizure
- Student has breathing difficulties

In the school setting, follow the **seizure action plan** in the child's health record. If an action plan is not present, refer to the health aide for follow-up.

Reference: Epilepsy Foundation "A Quick Reference Guide for School Nurses" First Ed.