

What To Do During A Seizure

A person experiencing a Gran Mal or Tonic Clonic seizure usually will:

- Fall to the ground
- Stiffen, then jerk over the entire body
- Breathe irregularly; sometimes turning slightly blue
- Experience disorientation and deep sleep following the seizure

You can assist a person having a tonic clonic seizure by:

- ✓ Assisting them to the floor
- ✓ Moving objects away to prevent injury
- ✓ Rolling them to their side to protect their airway
- ✓ Asking bystanders to move away to preserve as much privacy as possible
- ✓ Do not attempt to forcibly restrain or hold the person down
- ✓ Do not put foreign objects or your fingers in the person's mouth
- ✓ Call for the school nurse _____ @ ext _____
- ✓ If the seizure persists longer than _____ time, call 911
- ✓ If the person appears to stop breathing, be prepared to begin CPR and call 911
- ✓ When the seizure stops, it is normal for the person to be sleepy & disoriented.
- ✓ Find a quiet, safe place for the person to rest where they can be observed.
- ✓ Other _____

PERSONALIZED FOR: _____

STUDENT ADDRESS: _____

HOME CAMPUS: _____ Bus Rider? Y N

PARENT/GUARDIAN: _____

CONTACT NUMBERS: _____

PARENT/GUARDIAN: _____

CONTACT NUMBERS: _____

ORDER FOR DIASTAT: YES NO

TRAINED STAFF: _____