

Seizure Emergency Action Plan

Signs of a seizure:

- Sudden cry
- Fall
- Rigidity, followed by muscle jerks
- Shallow breathing
- Possible loss of bowel or bladder control
- Confusion
- Staring
- Eyes rolling back into head
- Loss of consciousness
- Becomes limp and/or wants to close eyes and lie down

- Protect the victim from further injury (protect head and clear away desks, etc).
- Ease student to the floor
- Contact the nurse and/or security
- If possible, remove other students from the room.
- **Until help arrives:**
 - Time when seizure began and how long the seizure lasted
 - DO NOT forcibly restrain the student
 - Nothing should be forced into the student's mouth
 - Keep airway clear. Turn student's head if student has vomited to prevent vomit entering the lungs.
 - Initiate CPR if needed
 - Send help to retrieve the AED
 - Nurse will administer anti-seizure medication if provided by parent for that particular student

- **Dial 911 for EMS assistance/ambulance**
- Follow instructions given by ambulance control staff
- Stay with the student; give reassurance if responsive
- Parent/guardian will be contacted
- School administration will be notified

While waiting for the ambulance:

- Continue CPR/AED use or rescue breathing as needed
- If student becomes responsive, may be extremely confused and not recognize surroundings and/or people
- Talk calmly to the student and give reassurance

AED Directions:

- Open lid to AED
- Turn machine on
- Follow directions provided by machine