

Mason LIFE Policy-Seizure Disorders

No Need to Call an Ambulance

- if we know the student has seizure disorder, and
- if the seizure ends in under five minutes, and
- if consciousness returns without further incident, and
- if there are no signs of injury or physical distress.

However, the support staff must inform the next level of supervisor and the student's family will be contacted.

An Ambulance Should Be Called

- if the seizure has happened in water.
- if we do not know if the person has seizure disorder, as this is the first time.
- if the seizure continues for more than five minutes.
- if a second seizure starts shortly after the first has ended.
- if the person has another condition such as diabetes or heart disease.
- if consciousness does not start to return after the shaking has stopped.
- if the person has any difficulty breathing after the seizure.

The support staff must inform the next level of supervisor IMMEDIATELY and the student's family will be contacted.

During the Seizure Activity

First aid for epilepsy is basically simple. The goal is to keep the person safe until the seizure stops naturally by itself. These are the key things to remember:

- Keep calm and reassure other people who may be nearby.
- Don't hold the person down or try to stop his movements.
- Time the seizure with your watch.
- Clear the area around the person of anything hard or sharp.
- Loosen ties or anything around the neck that may make breathing difficult.
- Put something flat and soft, like a folded jacket, under the head.
- Turn him or her gently onto one side. This will help keep the airway clear. Do not try to force the mouth open with any hard implement or with fingers. 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.
- Stay with the person until the seizure ends naturally.
- Be friendly and reassuring as consciousness returns.
- Always stay to help the person get home.