

SEIZURES

A **Seizure Disorder**, also known as **Epilepsy**, is a disorder of the central nervous system characterized by a tendency for recurrent seizures. The term "seizure" refers to sudden, uncontrolled episode of abnormal behavior related to abnormal electrical discharges in the brain. A seizure is a symptom of the disorder just as fever is a symptom of infection. Seizure disorders are not contagious nor a sign of mental illness. Only in rare cases do seizures require emergency intervention. Most seizures are over in a few minutes and do not need medical follow up.

If a student has a known seizure disorder, a **Seizure Action Plan** is filled out at the start of each school year, by the parents/guardians, and all staff involved is alerted to the disorder. The action plan is as follows:

1. At start of seizure, attempt to prevent injury by **easing student to the floor**. Keep hard, sharp or hot objects out of the way.
2. **Turn student to the side** to allow saliva to drain from the mouth, and prevent choking.
3. **Do not restrain**. You may place a thin soft towel or item under the head if the floor is hard.
4. **Do not force anything between teeth or place any object in the mouth. Do not give fluids or food to student.**
5. Note the length of seizure. **If the seizure lasts longer than 5 min. if he/she is not breathing, or if they do not regain consciousness after the seizure, CALL 911 IMMEDIATELY.**
6. Notify the school nurse and parents.
7. **Do not attempt to move the person** until the seizure is over.
8. When possible, a seat belt should be worn on the bus. If the **student should seizure while on the bus, call 911 immediately.**