



Protocol for Seizures

Tonic Clonic or Grand Mal Seizures

A person having this type of seizure usually will:

- fall to the ground
- stiffen, then jerk over the entire body
- breathe irregularly
- seizure for 1 to 5 minutes
- experience disorientation and deep sleep following the seizure

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

- remaining calm
- helping him to the floor
- removing obstacles from the area
- turning him on his side
- timing the seizure and calling an ambulance if it lasts more than 5 timed minutes
- contacting the student's parent/guardian

DO NOT attempt to restrain a person having a tonic clonic seizure.
DO NOT force anything in his mouth. It is physically impossible to swallow the tongue.
You could risk injuring the gums or breaking a tooth.

Absence or Petit Mal Seizures

A person having this type of seizure may:

- stare or blink for 5 to 15 seconds
- appear to be daydreaming
- have up to several hundred seizures a day

You can assist a person having absence seizures by:

- making sure he is under the care of a physician

Do not attempt to stop the seizure. The person will immediately return to full consciousness following the seizure.

Complex Partial or Psychomotor Seizures

A person having this type of seizure may:

- wander around in a dazed state
- suffer impaired awareness
- exhibit clumsy, pointless or repetitious behavior
- smack his lips and pick at his clothes
- experience confusion following the seizure

You can assist a person having a complex partial seizure by:

- gently guiding him to keep him safe
- speaking softly and providing reassurance
- protecting him from accidentally hurting himself
- making sure he is under the care of a physician

Do not attempt to restrain a person having a complex partial seizure. The seizure normally will end by itself.