**Seizure Guidelines**

**Stonehill College Office of Disability Services**

Seizures are caused by abnormal discharges of electrical impulses in the brain, which create a temporary change in the person’s consciousness, motor activity, or behavior. A seizure can be an isolated occurrence triggered by such factors as a fever, high or low blood sugar, an injury, an electrolyte imbalance, or drug withdrawal. In other cases, the person may have an underlying medical condition (such as epilepsy) that leaves him or her susceptible to seizures.

Follow the **“the 4 C’s”** if you find yourself tending to someone who is having a seizure:

**Call** Campus Police immediately (911 from campus phone; 508.565.5555 from cell)

\*do this even if the person having the seizure assures you he or she is okay\*

C**lear** the area of anything that may injure the person having the seizure

**Comfort** the person

Keep **calm**

**Convulsive Seizure** (also called tonic-clonic seizure or *grand mal* seizure):

***What to expect when someone has a convulsive seizure***

* the person may cry out at the start of the seizure
* the body typically stiffens and falls; arms and legs may jerk or twitch
* the skin may become very pale
* the person has no awareness of you or what is happening
* the seizure will probably last a few minutes, but can go on for much longer
* convulsing stops when the seizure ends
* the person then usually takes a deep breath, and color returns to normal
* awareness slowly returns, but the person is often confused and disoriented
* the person may be wet or soiled
* the person may find it impossible to stay awake, because seizures can be exhausting

***What to do when someone has a convulsive seizure***

* call Campus Police immediately (911 from campus phone; 508.565.5555 from cell)
* gently lay the person on his or her side
* make the person comfortable; put something soft under his or her head if you can
* clear a space around the person, moving objects away that might be harmful
* only move the person if he or she is in danger (near a fire, on the road or in water)
* pay attention to the length of time so you can report it to Campus Police
* reassure bystanders if necessary and explain what you are doing
* keep bystanders away from the person having the seizure
* loosen any tight neckwear and remove eyewear and high heel shoes
* look for a medical bracelet or other information about emergency protocols

**DO NOT**:

* try to hold the person down
* try to wake the person up; he or she will come to in time
* give the person anything to drink or eat until you are sure he or she is fully awake
* put anything into the person’s mouth

(the person may bite his or her tongue, but cannot swallow it)

***What to do after a convulsive seizure ends***

* talk to the person quietly, explain what happened and where the person is
* keep the person on his or her side until fully recovered

- keep his or her head turned to prevent the inhalation or swallowing of vomit

- stay with the person until you are certain that he or she is okay

**Non-Convulsive Seizure**

***What to expect when someone has a non-convulsive seizure***

* the person may appear blank and unable to speak or answer questions normally
* the person may act in an odd way, chewing or smacking lips, saying odd unexpected things or fiddling with clothes or buttons
* the person may appear drunk, drugged, or disturbed
* minor seizures may come on suddenly and last only a few minutes
* the person may be dazed or confused after the seizure ends
* it is possible that a minor seizure will be followed by a major seizure

***What to do when a person has a non-convulsive seizure***

* gently protect the person from obvious dangers (such as a busy road or stairs)
* pay attention to the length of the seizure so you can report it to Campus Police
* keep bystanders away
* talk to the person quietly
* if the person becomes agitated, observe from close by, intervening only if necessary

**DO NOT** try to stop the attack or aggressively restrain the person

***What to do after a non-convulsive seizure ends***

* stay with the person until Campus Police arrives

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I removed the following text, because we want students etc. to call Campus Police, and they will decide how to manage the crisis from there.

Call 911 if the seizure lasts more than 5 minutes or is followed immediately by another seizure, or if the person is injured, pregnant, having trouble breathing, or having a seizure for the first time.