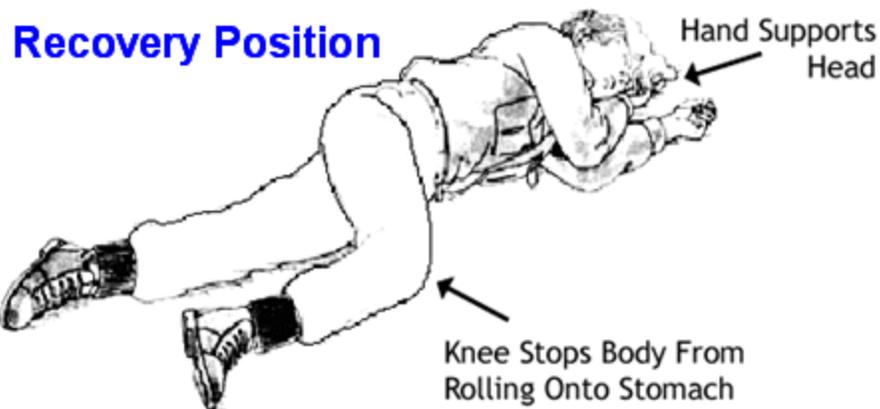


## Seizures in the Classroom

Welcome to Disability Services' information on seizures in the educational environment. Seizures are becoming more common, and as a result, there is a higher chance a student you encounter might have a seizure disorder. Because of this, it is important to know what to do in case one of your students has a seizure.

- ✚ Seizures occur when electrical impulses in the brain are interrupted. Some seizures are caused by medical conditions, stress, tumors, low blood sugar, prescription medications, and drugs.
- ✚ Seizures have different characteristics based on level of severity. For milder occurrences, people may experience seizures where they will demonstrate unusual behavior or have an altered sense of awareness. When someone is having is seizure, they will often experience involuntary movement such as shaking, convulsions, or tremors, and involuntary changes in behavior and awareness for 60-90 seconds.
- ✚ It is important to know what to do in the event of a seizure. The following information will guide you through the processes of how to best assist your student who is having a seizure. Above all, remain calm.
- ✚ When someone starts to have a seizure:
  - it is important to have someone call Emergency Services while you are assisting the student who is having a seizure.
  - Be sure the person who is calling 911 knows the building and room of the incident.
  - Once they have called 911, have the caller let you know that Emergency Services have been contacted.
  - Have someone meet the Emergency Services personnel as they arrive.
  - Ask someone to lead the other students from the classroom to make space for arriving medical personnel and to give the student having a seizure some privacy.
  - Try to keep an awareness of how long the seizure lasts, as medical personnel might ask you for that information.
- ✚ In order to protect the person who is having a seizure, use your best judgment to decide if furniture or other hard, sharp objects need to be moved further away from your student to prevent them from hitting their head or limbs on it. In order to protect the student's head from making forceful impact with the floor, place something soft beneath their head.
- ✚ When the seizure is over, roll your student onto their left side and place them in the recovery position as illustrated below. Be sure that their head is tilted downward as this prevents possible aspiration and choking on fluids. Be sure to stay with your student until medical personnel arrive.



- ✚ In order to keep you and your student safe, there are certain things you should not do while someone is having a seizure:
  - Do not try to hold the person down while they are having a seizure. This may result in physical injury to both you and the student.
  - Do not try to put anything into the student's mouth- this can result in choking or injury to one or both of you.
  - Additionally, do not give you student food, water or pills until he or she is fully alert.
  
- ✚ Blue Mountain Community College has policies in place for when medical emergencies occur. In the event of seizure, you must call 911 even if the student indicates they don't want you to do so. The student can refuse transport to a hospital, but it is important for the student to be evaluated by trained medical personnel after he or she has a seizure. In addition to calling 911, the BMCC Safety Officer must be notified that 911 was called. They can be reached by calling 541-278-5850. Please file an incident report to record details by going to the BMCC website <http://www.bluecc.edu/support-services/safety/incident-report> .
  
- ✚ Additional information for instructors can be found on our department's website at [www.bluecc.edu/DisabilityServices](http://www.bluecc.edu/DisabilityServices). If you have further questions on what to do in the event that your student has a seizure, or if you have other questions about Disability Services, please contact us at the numbers and locations listed below.

**Contact Information:**

Student Health & Wellness Resource Coordinator, 541-278-5965, [disabilityservices@bluecc.edu](mailto:disabilityservices@bluecc.edu)  
Blue Mountain Community College is an equal opportunity educator and employer.  
For complete EEO disclosure statement please go to [www.bluecc.edu/EEO](http://www.bluecc.edu/EEO).