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**Faculty/Staff Info Sheet: Seizures**

Seizures occur when there is an uncontrolled interruption in the brain’s activity. Seizures vary from person to person, some may appear dazed and confused, while others may experience convulsions and become unconscious. Epilepsy is a medical term characterized by recurring seizures.

Please note that the duration and intensity of the seizure varies. Typically, they last less than three minutes. There is no treatment to stop a seizure in progress. The only response is to let the seizure run its course. Generally the person will recover afterward.

**During a seizure**

* Call Campus Safety (x 3333) or activate your security escort device.
* Ask the other students to wait outside the classroom.
* If the student is in a chair or desk, please gently assist them to the floor.
* Remove any objects from around the student, but do not interfere with the student’s movements.
  + You may add soft material (towel, jacket, shirt) under the student’s head to prevent their head from bouncing on the floor. But again, do not restrain their movements in any way.
* Stay with the student and let the seizure run its course, but do not attempt to restrain them.
* Remain calm.

**After a seizure**

Depending on the severity and duration of the seizure, recovery afterward is unique to the student. Generally the student will feel fatigued and confused. Give them time to adjust. Some students will need medical assistance, while others may be able to return to their normal routine. Campus Safety will help make this determination upon their response.

**Video**

Here is a helpful 2 minute video: <https://www.youtube.com/watch?v=7MPJauo4DdY>