

School: _____
 Grade: _____



Updated 9/2019

CONFIDENTIAL
HEALTH ALERT & HEALTH PLAN

_____ is a student with a Seizure Disorder

A **seizure disorder (epilepsy)** is a brain disorder involving repeated, spontaneous involuntary muscle movement caused by abnormally excited electrical signals in the brain.

Symptoms of seizure:

Silent seizure - daydreaming, staring spells, unresponsiveness, eye fluttering, lip smacking or chewing

Tonic-clonic seizure - loss of consciousness, eyes roll back, violent jerking of muscles (convulsions), involuntary jerking movements in extremities and/or face, body stiffens, involuntary urination, drooling.

The following are recommended steps for school staff to follow, to best provide for the student's safety and to respond to symptoms described above.

School and Health Services Staff will:

- Be aware of the seizure disorder and symptoms.
- Make this Health Alert & Health Plan available for subs.
- **In the event of a seizure,**
 - ✓ Stay with student.
 - ✓ Call health services /front office for help.
 - ✓ Direct office to call 911 for violent jerking of extremities and/or loss of consciousness.
 - ✓ Protect student's head by placing soft object (sweatshirt, pillow, etc.) under head.
 - ✓ Roll student on side if there is lots of drooling.
 - ✓ Note time seizure began.
 - ✓ Protect student's privacy as possible.
 - ✓ Remove other students from area when help arrives.
 - ✓ Note parts of body involved in seizure.
 - ✓ Note time seizure ends.
 - ✓ Notify parent of seizure activity occurring at school as soon as possible.

EMERGENCY CONTACTS

	NAME	HOME	WORK	CELL
Parent:				
Physician:				

My signature below indicates my approval of the *STUDENT HEALTH PLAN* above.

Parent/Guardian Signature: _____ Date: _____

Print Parent/Guardian Name: _____

(R-02-14)

DISTRICT 20 HEALTH SERVICES

**Greenbrook Elementary School
 & Early Childhood Center**
 630-894-4409 Nurse Phone
 630-894-4544 Main Office
 630-289-6183 Fax

Waterbury Elementary School
 630-894-4211 Nurse Phone
 630-893-8180 Main Office
 630-539-2316 Fax

Spring Wood Middle School
 630-894-4044 Nurse Phone
 630-893-8900 Main Office
 630-894-9658 Fax