

Fast Aid For Teachers



Seizure Disorder:

- ❖ Remain calm
- ❖ Note the time that the seizure begins and ends
- ❖ Move other students away
- ❖ Do not put anything in the mouth of the student
- ❖ Turn student on his/her side to allow saliva to run out and keep airway open
- ❖ Put something soft under the student's head.
- ❖ Move any object away that may injure the student
- ❖ Do not restrain the student
- ❖ Send or call for school nurse



Hypoglycemia: Low Blood Sugar

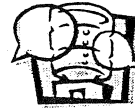
Symptoms:

- ❖ Excessive sweating, faintness
- ❖ Headache
- ❖ Pounding heart, trembling, impaired vision
- ❖ Hunger
- ❖ Irritability
- ❖ Personality change
- ❖ Unable to waken

What To Do:

- ❖ Immediately give food containing sugar (candy, juice)
- ❖ Send or call school nurse
- ❖ Do not send student to clinic alone!

Hyperglycemia: High Blood Sugar



Symptoms:

- ❖ Frequent urination
- ❖ Dry Mouth, extreme thirst
- ❖ Drowsiness
- ❖ Nausea

What To Do:

- ❖ Send or call for school nurse
- ❖ Do not send student to clinic alone!

Anaphylactic Reaction: Severe Allergic Reaction:



Symptoms:

- ❖ Sudden onset, usually within minutes
- ❖ Feeling of apprehension and flushing
- ❖ Sneezing and coughing
- ❖ Itching or burning (generalized itching indicates a systemic reaction)
- ❖ Tingling sensation around mouth
- ❖ Wheezing or shortness of breath
- ❖ May be accompanied by hives an/or laryngeal spasm
- ❖ Cyanosis
- ❖ Loss of consciousness

What To Do:

- ❖ Immediate action needed
- ❖ Send or call for school nurse
- ❖ If student has an epipen, administer immediately. The school nurse can on use of the epipen autoinjector
- ❖ Keep airway open
- ❖ Rescue breathing (if needed) till assistance arrives

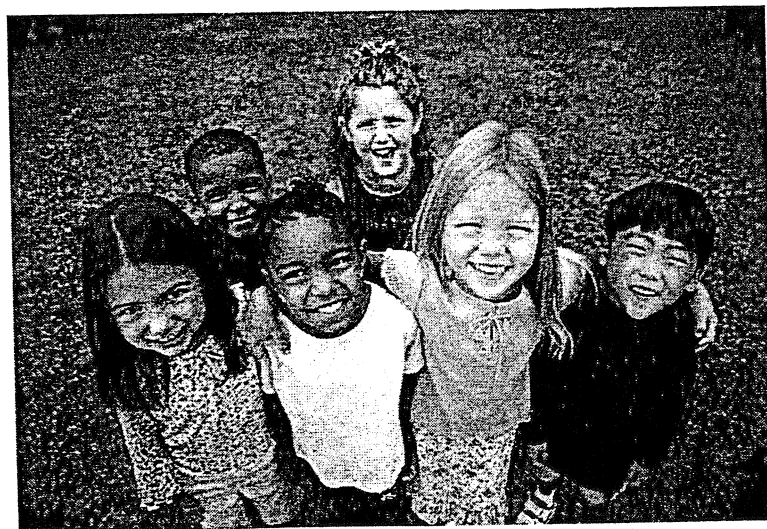


Asthma Episode: Early Signs

- ❖ Coughing
- ❖ Wheezing
- ❖ Breathing through the mouth
- ❖ Shortness of breath, and/or rapid breathing
- ❖ **Verbal Complaints:** 'My chest is tight'/'My chest hurts'/'I cannot catch my breath'/'My mouth is dry'/'My neck feels funny'
- ❖ **Other Signs:** "clipped" speech - the student may speak in very short, choppy sentences.

What To Do:

- ❖ Allow student to have access to his/her prescribed medication
(Secondary students may carry inhalers with them)
(Elementary students should be assisted to clinic)
- ❖ **If student is in crisis:**
 - Send or call for school nurse
 - Keep airway open
 - Rescue breathing (if needed) till assistance arrives



First Aid In Classroom



Procedure to follow during an emergency:

- Ascertain extent of injury or illness
- Send a student for the nurse with some idea of the nature of emergency and student's name.
- The NURSE will then notify parent as needed
- When sending a seriously ill or injured student to the clinic please send a buddy with that student

First Aid For:

- **Fainting:** To prevent fainting, have student lower head between knees or lie down with feet elevated
If student has already fainted, send for the nurse and elevate feet
- **External Bleeding:** Apply pressure, cloth/paper towel over wound (use gloves)
If an extremity is involved, elevate it.
- **Nose Bleed:** Pinch nostrils together
Keep student upright with chin on chest
- **Head Injury:** Keep student quiet
Observe for swelling, bleeding from nose, ear, or mouth
DO NOT move student
Send for nurse
- **Back Or Neck Injury: Symptoms** - Pain--tingling or numbness--paralysis
Keep student lying flat or in original position
Send for nurse
- **Fractures: Symptoms** - Pain with movement--swelling--tenderness to touch--deformity
Keep student warm and quiet
Keep broken bone immobile
Send for school nurse