



SEIZURES-FAINTING-HYPERVENTILATION

SEIZURES CONVULSIONS:

Do not move victim. Contact College Sherriff, ext **3611**, or **213-763-3611** (from Mobile Phone) or Safety officer ext 3632 for assistance, if any of the following are present:

- If the person is not responding, call 911 from campus telephone.
- If the person stops convulsing, call ext. **911** (College Sherriff) or **213-763-3611**

Until Help arrives:

1. Lay person on the side with face turned to side.
2. Move equipment, chairs, etc. to prevent injury.
3. Do not restrain person's movements any more than is necessary to prevent injury.
4. Do not place object between teeth or in mouth.
5. Do not try to receive with fluids, stimulants, fresh air, or walking.
6. Loosen tight clothing.

FAINTING OR FEEL FAINT:

Symptoms include: pale color, weakness, dizziness, cold perspiration, and uncomfortable abdominal sensations. May fall to the ground and lose consciousness. (Pulse is weak, rapid, and often irregular).

What to do:

Contact College Sherriff, ext. **3611**, or **213-763-3611** (from Mobile Phone) or Safety officer ext **3632** for assistance

Have patient lie down. Elevate lower extremities. Keep warm.

HYPERVENTALTION:

Occurs in forced respiration (fast, deep breathing-causes loss of carbon dioxide from lungs) Causes numbness of hands, prickling of skin, racing heart, trembling feeling, light-headedness, muscular cramps, chest pain.

What to do:

Contact College Sherriff, ext. **3611**, or **213-763-3611** (from Mobile Phone) or Safety officer ext for assistance

Place in comfortable position (sitting or lying), encourage slow, deep breaths and relaxation.