

To help during a seizure think STARR

1. **Safety** – Make the area safe. Clear hazards and people, place something soft under the head, call 911 if no history of seizures.
2. **Time** – Time how long the seizure lasts. Take extra steps after 5 minutes (or follow IHP) such as administering rescue medication and calling 911.
3. **Act Calmly** – You set the tone of the emergency!
4. **Recovery Position** – After seizure place the person on their side in the recovery position.
5. **Record and Report** – Record details on seizure log, and report observations to school nurse.

