



Epilepsy Fact Sheet for Teachers

Dear School Staff:

As a parent, I feel it is important to inform you that my child, _____, is living with epilepsy. There are a few things you may wish to know about my child's condition.

Here is a description of the type of seizures my child has from time to time:

- Tonic-clonic seizures**—This is the type of seizure most people associate with epilepsy. A generalized tonic-clonic seizure often begins without warning. It involves a sudden stiffness of the body, followed by muscle contractions or jerking motions.
- Absence seizures**—These seizures can often be mistaken for daydreaming. An absence seizure involves a brief disruption of consciousness, lasting from a few seconds to about half a minute. You may notice my child suddenly staring blankly, or his/her eyes may roll upwards briefly before this event, and then the episode disappears as quickly as it came.
- Atonic seizures**—Sometimes known as a “drop attack,” my child's seizures cause a sudden loss of muscle tone. This may result in dropping of the head or a limb, or cause my child to fall to the ground. There also may be a brief loss of consciousness.
- Myoclonic seizures**—These seizures involve a sudden contraction of muscles and can appear as a jerk of one or both arms or the head. Myoclonic seizures may cause just a single jerk or several jerking movements. Generally, the seizure is so brief that although my child does lose consciousness, he/she may appear to be awake.
- Simple partial seizures**—An electrical disturbance starts in one half (or hemisphere) of the brain and causes symptoms like twitching, numbness, dizziness, and disturbances to the senses.
- Complex partial seizures**—These seizures start in one half of the brain and spread to areas that involve consciousness, causing an altered state of consciousness. My child experiences a change in awareness and may seem confused or may start tugging at his/her clothing. Be aware that while my child may *seem* conscious, he/she is not and is completely unaware of his/her actions.

While my child is a fully capable student, to ensure my child's safety, please do not allow him/her to participate in the following activities: _____.



Instructions Should My Child Have a Seizure

If my child has a seizure while at school, the most important thing you can do is protect his/her safety and dignity. I would appreciate it if you familiarized yourself with some seizure first aid. You can learn more by visiting www.epilepsyclassroom.com.

Please follow these instructions if my child has a seizure in school:

Please contact at least one of the following people if my child has a seizure in class.
(Please call in the following order.)

1. Name: _____ Relationship to my child: _____
Phone number: _____ Mobile phone: _____
2. Name: _____ Relationship to my child: _____
Phone number: _____ Mobile phone: _____
3. Name: _____ Relationship to my child: _____
Phone number: _____ Mobile phone: _____

It may be important to know that my child takes the following medications for his/her epilepsy:

If my child has a seizure, be sure that he/she does **NOT** receive the following medications:

If my child has a seizure while at school, please also follow these important additional instructions:

Thank you for helping to ensure the safety of my child. His/her well-being while he/she is at school is very important to me, and I appreciate that you have chosen to learn more about my child and his/her condition.

Parent/guardian name

Parent/guardian name