



Seizure Precautions

Students with seizure disorders can range from minor absent movements to full blown grand mal seizures.

If you witness someone experiencing a seizure:

Protecting the student from physical harm during a seizure, especially from hitting their head, is the most important thing you can do. Turn them on their side. Otherwise, do not restrain them in any way. Call Security at 215-951-1300 and they will contact emergency responders and/or provide transportation to the ER.

If you suffer from a seizure disorder:

- Adhering to your medication schedule.
- Avoid alcohol and recreational drugs.
- Avoid heights and swimming.
- Adhere to a regular sleep schedule.
- Avoid skipping meals, stick to a regular meal pattern.
- Avoid bright flashing lights or excessive noise if that is a trigger.
- Wear an ID bracelet/necklace at all times to avoid confusion of being intoxicated.
- Inform your RA and roommate of your illness, if they are comfortable.
- Keep appointments with your specialist; Student Health can help if you need a referral.
- The Student Health Center can be reached at 215-951-1565. We are open Monday through Friday from 8:30am to 4:00pm and are located across from the Blue and Gold Dining Commons. Care is free of charge. We are staffed by full-time nurse practitioners and work in collaboration with two local family physicians.
- Know how to access “after hours help” – call your RA or Security at 215-951-1300.

EMERGENCIES

- Einstein Hospital is the closest ER for emergencies; located at Broad and Olney.
- La Salle’s Security officers will transport you there.
- Do NOT call 911 from your cell or dorm as your location or building is not specified. Call Security at 215-951-1300. They will call and meet emergency responders and direct them to your location.
- Local pharmacies:

Rite Aid	(Shoppes at LaSalle)	215-438-4695,
CVS	(Broad and 66 th)	215-924-1633

Any other questions, please reach out to one of our nurse practitioners who will be happy to discuss your condition further.