



## 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 Public Safety at 215-951-1300 and they will contact emergency responders and/or provide transportation to the ER.

*If you suffer from a seizure disorder:*

- Adhere 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, so they can support you.
- 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 8:30 am to 4:30 pm and are located in 1026 St. Benilde Tower. Care is free of charge to all full-time students. We are staffed by fully qualified nurse practitioners.
- Know how to access “after hours help” – call your RA or Public Safety 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: **Shop & Carry Pharmacy** (they deliver) at 1301 Lindley Ave, 267-297-5030  
**CVS** (closest national chain pharmacy), at 6601 N Broad St, 215-924-1633

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