

Arizona Seizure Action Plan

Student's Name: _____ Date of Birth: _____ Allergies: _____

Emergency Contact: _____ Best Phone Number: _____

Seizure Information

Parent complete →

Seizure Type	Length	Frequency	Description
Seizure triggers or warnings			
Student's response to seizure			
Care after seizure			

Provider completes →

Green Zone (Less than 2 minutes):

- Stay CALM and track duration
- Keep SAFE - Protect head, do not restrain
- Turn on SIDE if not awake (do not place anything in mouth)
- TIME seizure length

- Swipe VNS magnet x 1 if present
- Contact family about seizure
- May return to class per parent approval

Yellow Zone (2 to _____ minutes):

- Stay with student. Call for assistance
- Prepare rescue treatments

Red Zone (Greater than _____ minutes):

- Give rescue medication (Below)
- Call 911 if seizure does not end 5 minutes after rescue medication is given

Rescue medications:

- For **prolonged** seizure give:
 - Diazepam _____ mg rectally
 - Clonazepam ODT _____ mg between cheek/gums
 - Midazolam/diazepam _____ mg in the nose
 - Other: _____
- For **cluster** of _____ seizures in _____ minute give:
 - Diazepam _____ mg rectally
 - Clonazepam ODT _____ mg between cheek/gum
 - Midazolam/diazepam _____ mg in the nose
 - Other: _____

(Potential adverse effects include sedation, confusion, respiratory depression)

- Medical emergencies (Call 911):
- Difficulty breathing after seizure
 - Serious injury or seizure in water
 - Seizure does not end 5 minutes after rescue medication is administered

Other: _____

Always take seizure action plan and emergency medication for school activities, sports, and field trips. Close adult supervision when swimming or climbing.

Health Care Provider Signature Printed Name Office Phone Date

Parent/Guardian Signature Student Signature (when applicable) Date