



First Aid Corner:

Care of people experiencing a seizure: Part One

There are many kinds of seizures but none are more frightening to watch than a tonic-clonic seizure also known as “grand mal”. During these seizures people have violent and uncontrolled muscle jerking and may lose consciousness.

Things to do:

Help the person get safely down to the floor if you can and move things away that they could hit while seizing

Call for help

Never put anything into their mouth, but if you can pad the ground/floor underneath their head with a pillow or folded jacket, do so.

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Salem Public Schools Nurses' News Fall 2017

(Seizure care continued...)

Try to check the time; it's helpful to know how long the seizure lasts.

If possible, try to roll the person on their side. (People may vomit or have a lot of saliva; they are less likely to choke if they're not lying flat.)

Submitted by:
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Nutrition Facts Autumn Harvest

This beautiful time of year is known for its crisp and hearty treats! It's a great time to stock up on your root veggies like turnips, onions and ginger. Or the gourd vegetables like sweet potatoes, winter squash, turnips and a fall favorite-PUMPKINS (and their seeds!). Other favorites are edamame, celery, brussel sprouts. All contain lots of beta-carotene to maintain good vision and dietary fiber-such important health benefits!

In the fruit baskets for fall are pears, cranberries and apples! And other produce like pomegranates and grapes are plentiful. These are full of vitamins, antioxidants and natural anti-inflammatories that help keep our bodies healthy.

ENJOY!

Submitted by:
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