

FAINTING

Fainting may have many causes including:

- Injuries.
- Illness.
- Blood loss/shock.
- Heat exhaustion.
- Diabetic reaction.
- Severe allergic reaction.
- Standing still for too long.

Treat as possible neck injury.
See **"NECK PAIN" AND BACK PAIN."**
Do NOT move the student.

If you observe any of the following signs of fainting, have the student lie down to prevent injury from falling:

- Extreme weakness or fatigue.
- Dizziness, unsteady balance, or light-headedness.
- Extreme sleepiness.
- Pale, sweaty skin.
- Nausea.

Most students who faint will recover quickly when lying down. If student does not regain consciousness immediately, also see **"UNCONSCIOUSNESS."**

YES OR NOT SURE

- Is fainting due to injury?
Was student injured when they fainted?

NO

- Keep student in flat position without a pillow under the head.
- Elevate feet.
- Loosen clothing around neck and waist.
- Add cool compress to neck

- Keep airway clear and monitor breathing.
- Keep student warm, but not hot.
- Control bleeding, if needed (wear disposable gloves.)
- Give nothing by mouth.

See **"UNCONSCIOUSNESS."**

Has the student regained consciousness?

NO

YES

Does the student still complain of:

- Dizziness?
- Lightheadedness?
- Weakness?
- Fatigue?

YES

NO

If student feels better, and there is no danger of neck injury, move student to quiet, private area and maintain adult supervision.

Keep student lying down with legs elevated. Contact responsible school authority & parent/guardian.
URGE MEDICAL CARE.

Contact responsible school authority & parent/guardian.

Document care provided.