



**Testimony for SB299
Favorable with Amendments
February 3, 2022**

My name is Catherine Carter. I am a vision and student behavioral health advocate who works on policy and legislative change to improve identification of behavioral health needs and access to healthcare. I am here today as a parent, teacher, and advocate to testify favorable with amendments for Senate Bill 299.

I believe it isn't just the staff who need this essential first aid training but the students. Peers are usually going to be the first person to respond in these emergency situations just like CPR. Unless taught in school, where else will our students get this type of first aid training?

Last week my daughter said one of her classmates had a first-time seizure during recess. Luckily the kids recognized what was happening and told the staff, who covered her with a coat and sent a student to get the nurse. It took over five minutes for the nurse to reach her and place the coat which was covering her under her head to protect it from injury. The whole time the student had been hitting her head on the ground. I heard she is recovering; it was amazing to hear about her classmates' quick thinking to help her. This could have been so much worse. The girl is very lucky not to have suffered more serious injury such as a concussion or asphyxiation. I don't fault the staff member as they didn't have the training to know how to handle this emergency. My high schooler said kids have overdosed on drugs at school, leading to blacking out and convulsions.

After this incident, I had my kids watch the [#StaySafeSide](#) student [video](#) and flyer. It only took 15 minutes. My kids said this was helpful, and they wish their health class had taught them. This first aid training could apply not just to seizures but overdosing, alcohol poisoning, and fainting.

I ask the Committee to not just consider the need to train staff but add first aid training for seizure, overdosing, alcohol poisoning, and fainting to the student health curriculum. In 2014, the Maryland General Assembly passed [Cardiopulmonary Resuscitation and Automated External Defibrillator Instruction \(Breanna's Law\)](#) for CPR. I ask that this committee add this essential first aid training for students. Kim Coleman (Registered Nurse BSN) says, "Adding this basic first aid is a natural adjunct to CPR training." Many of our students will have peers who experience these emergency situations, especially in high school and college. Training these students now could save a life later.

Seizure First Aid

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure.

- ✓ **Time** the seizure ✓ Remain **calm**
- ✓ Check for **medical ID**



2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head



Call
911
if...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

Do
NOT

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
- ✓ **Rescue medicines can be given** if prescribed by a health care professional

Learn more: [epilepsy.com/firstaid](https://www.epilepsy.com/firstaid)



[epilepsy.com](https://www.epilepsy.com)

24/7 Helpline: 1-800-332-1000