

Would you know what to do if I had a seizure?



Grace
7 years old,
Diagnosed age 4

Image by Renata Caughlin/TEMPO Photography

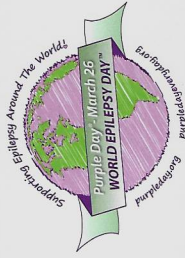
akfus.org
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Seizure First Aid

Be calm
Remove dangerous objects
Always time the seizure
If person has fallen, turn on side & put something soft under head
Never put anything in mouth and never hold the person down

SEEK MEDICAL ATTENTION:

- For a first time seizure
- Seizure lasts longer than 5 minutes or repeats
- Person is injured, pregnant, or has diabetes
- Seizure occurs in water
- Person does not resume consciousness or normal breathing
- Person has no ID stating they have epilepsy



The Anita Kaufmann Foundation
Educating the public not to fear epilepsy
Global Sponsor of Purple Day™ - World Epilepsy Day™
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For more information contact 201-655-0420

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Seizure First Aid is easy

Would you know what to do?



Cushion & protect head



Turn on side, Remove harmful items



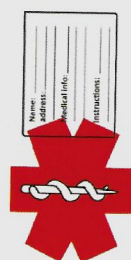
Loosen any tight clothing



DON'T put anything in the mouth



Time the seizure



Check for a medical I.D.



DON'T restrain or hold down



EPILEPSY FOUNDATION

North/Central Illinois Iowa & Nebraska

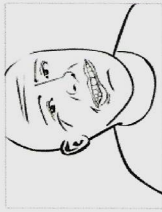
Most seizures are NOT convulsive
Know the hidden signs:



Blank Staring



Repetitive Movements



Chewing, Licking, Swallowing



Wandering



Shaking, Contracting



Confused Speech, Repetitive Phrases

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