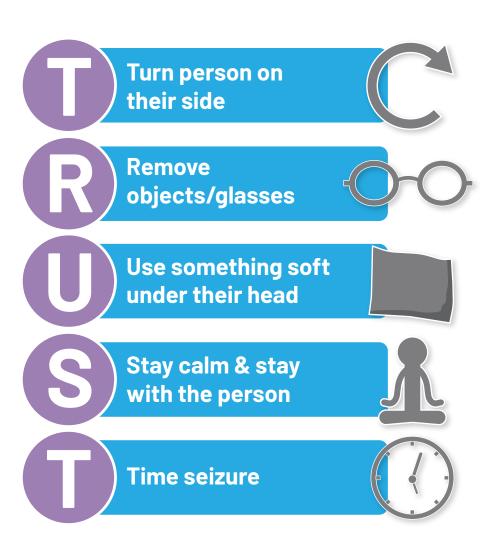
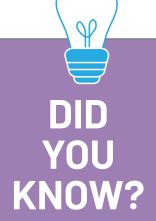
Seizure First Aid (FOR GENERALIZED TONIC-CLONIC)





- Epilepsy is not contagious
- People with epilepsy want to be treated just like everyone else
- Most people with epilepsy no longer have seizures when taking medication
- There are many types of seizures, and even the same seizure type doesn't present the same in every person.

Never put anything in anyone's mouth or hold a person down when they are having a seizure.



CALL 911 IF:

- -It is a first time seizure
- -lt is a new type of seizure for the person
- -Seizure lasts more than 5 minutes
- -Seizures happen back to back
- -Seizure happens along with another injury
- -Seizure happens in water
- -Person has diabetes or is pregnant



www.epilepsyallianceamerica.org 1.347.987.1610

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**

- X Do **NOT** restrain.
- X 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



epilepsy.com

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

EPILEPSY: LET'S TALK ABOUT THE FACTS



1 IN 26 PEOPLE IN THE U.S. WILL DEVELOP EPILEPSY IN THEIR LIFETIME



That means you may have a friend with epilepsy who is afraid to talk about it because they feel like they may be treated differently. Talk About It!

WHAT IF A SEIZURE HAPPENS? REMEMBER THESE TIPS.

Knowing what to do and what NOT TO DD is important, and the best way to know is to



they are lying

DON'T put anything in their mouth





harmful objects









IF SOMEONE HAS A SEIZURE, MAKE SURE THEY ARE COMFORTABLE AND STAY WITH THEM UNTIL THE SEIZURE IS OVER.

LEARN MORE ABOUT HOW TO HELP A FRIEND! VISIT ... (





