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

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Miss New Jersey National US 2012
Diagnosed Age 6

SEIZURE FIRST AID

B e calm
R emove dangerous objects
A lways time the seizure
I f person has fallen, turn on side & put something soft under head
E ver put anything in mouth and never hold the person down

Call 911:
• 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