

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



Antwan Rice
Retired Army Veteran
Served in Afghanistan
Traumatic Brain Injury
Post-traumatic Stress Syndrome
Seizures 2014

*The Fear of Change is Real
~But without change there is no healing and without Healing
there is no growth~*

Seizure First Aid

Be calm

Remove dangerous objects

Always time the seizure

If person has fallen, turn on side & put something soft under head

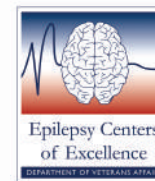
Never put anything in mouth and never hold the person down

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



The Anita Kaufmann Foundation
Educating the public not to fear epilepsy
Global Sponsor of Purple Day®-World Epilepsy Day™
akfus.org purpledayeveryday.org



For more information contact 201-655-0420

akfus.org
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15-134 AKF-Antwan Rice_flyer

Trim Size: 8 1/2" x 11"

Bleed: 1/8" all around