

## I KNOW HOW TO HELP

- T**urn person on their side
- R**emove harmful objects
- U**se something soft under the head
- S**tay calm
- T**ime the seizure

**\*REMEMBER: NEVER** put anything in a person's mouth during a seizure and **NEVER** hold the person down.

## WHEN TO CALL 9-1-1

- If the seizure lasts longer than 5 minutes or the person has two or more seizures in a row
- If it is the person's first seizure

To learn more about the *Thinking About Epilepsy* program and other epilepsy awareness initiatives, please contact:

The Anita Kaufmann Foundation  
201-655-0420 or [debra@akfus.org](mailto:debra@akfus.org)



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