

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

Seizure First Aid

B

Be calm

R

Remove dangerous
objects

A

Always time the
seizure

I

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

N

Never put anything in
mouth and never hold
the person down

Call 911:

For a first-time seizure

If the seizure lasts longer than 5 minutes or repeats

If person is injured, pregnant or has diabetes

If seizure occurred in water

If person does not resume breathing after the seizure

If person has no ID stating they have epilepsy

Symptoms of Traumatic Brain Injury (TBI) include many types of seizures.

Studies suggest TBI may result in an increased risk of developing epilepsy or seizures.

Please contact us for one-on-one support services and free seizure first aid material and trainings.

debra@akfus.org <http://purpledayeveryday.org/events/heads-up-for-vets/>

EPILEPSY AWARENESS
**PurpleDay®
EveryDay**
Presented by
The Anita Kaufmann Foundation

VA



U.S. Department of Veterans Affairs

Epilepsy Centers of Excellence

www.epilepsy.va.gov
ECoE@va.gov
415-379-5599