

## LEARN SEIZURE FIRST AID

**B**e calm

**R**emove dangerous objects

**A**lways time the seizure

**I**f person has fallen, turn on side  
and put something soft under head

**N**ever put anything in mouth and  
never hold the person down

### SEEK MEDICAL ATTENTION:

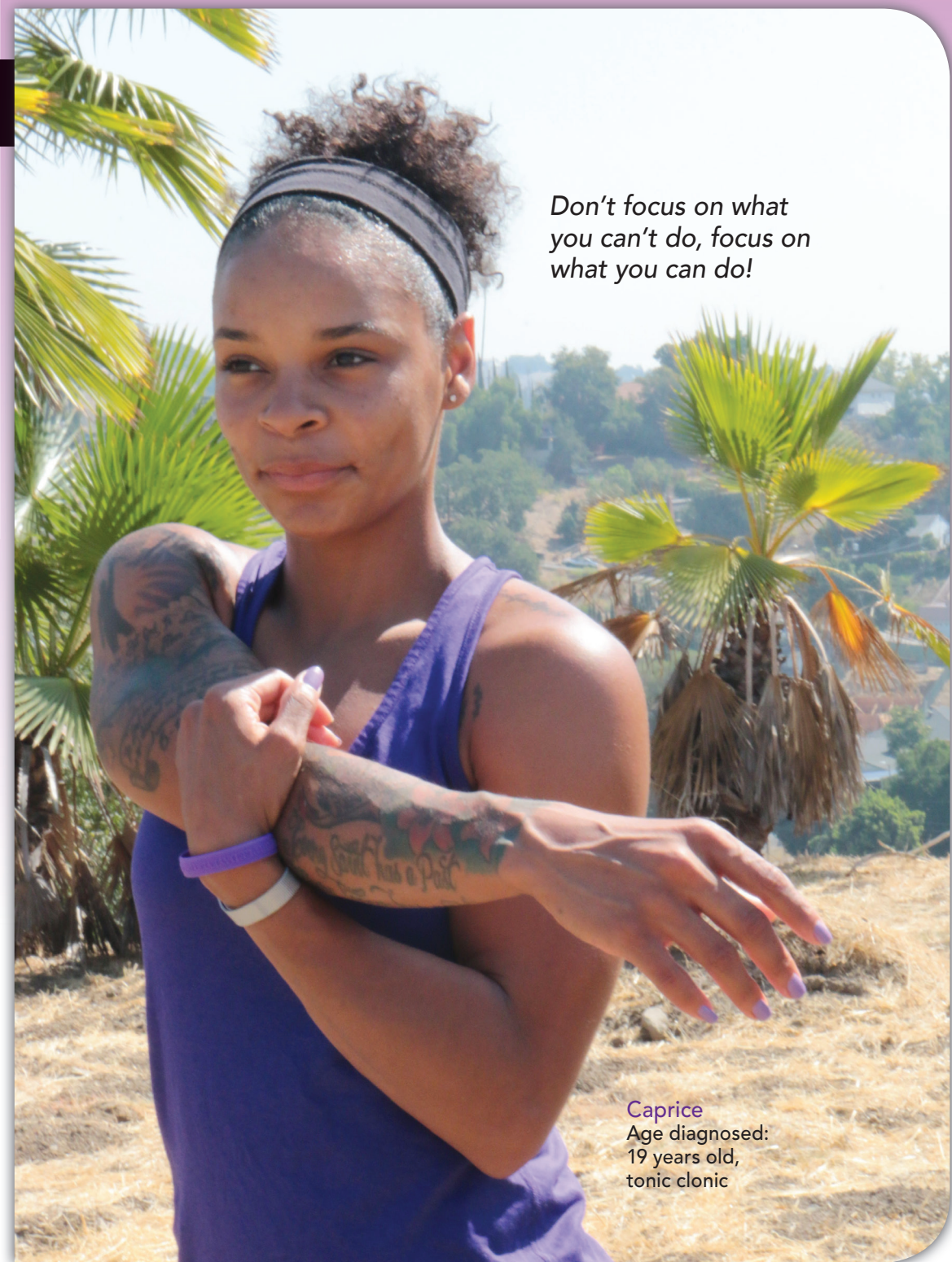
- For a first-time seizure
- Seizure lasts longer than five minutes or repeats
- Person is injured, pregnant, or has diabetes
- Seizure occurs in water
- Person does not resume consciousness or normal breathing
- Person has no ID stating they have epilepsy



Presented by  
The Anita Kaufmann Foundation



For more information email [debra@akfus.org](mailto:debra@akfus.org)  
[purpledayeveryday.org](http://purpledayeveryday.org)



*Don't focus on what  
you can't do, focus on  
what you can do!*

**Caprice**  
Age diagnosed:  
19 years old,  
tonic clonic

20-144 AKF-Caprice\_Seizure1stAid

Trim Size: 8 1/2" x 11"

Bleed: 1/8" all around