

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

Seizure First Aid

Be calm

Remove dangerous objects

Always time the seizure

If person has fallen, turn on side and 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

VA



U.S. Department of Veterans Affairs

Epilepsy Centers of Excellence

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