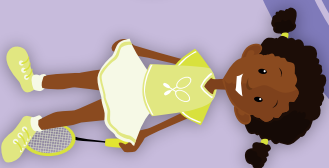
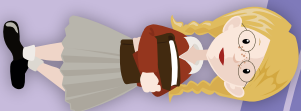
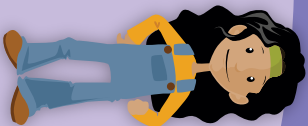
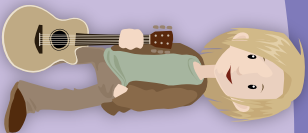


ANYONE WITH A BRAIN CAN HAVE A SEIZURE®



Learn how to help using T.R.U.S.T.

Turn the person on their side

Remove harmful objects

Use something soft under
the head

Stay calm

Time 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



For more information, call **201-655-0420**
www.purpledayeveryday.org

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