

LACE UP FOR EPILEPSY



Caprice

Fitness & Nutrition Coach

Diagnosed at 19

Has PTE: Post-traumatic epilepsy

"I love to focus on what I can do, instead of what I can't do!"

SEIZURE FIRST AID

Stay calm

Move dangerous objects

Time the seizure

If the person has fallen to the ground, turn them on their side and put something soft under their head

NEVER put anything in the person's mouth and NEVER hold them down

If the person is wandering, gently steer them away from danger

Seek medical attention

- 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



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