

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



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Working and living  
with Epilepsy

# 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

**In collaboration with the  
Department of Veterans Affairs'  
Epilepsy Centers of Excellence**

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For more information, call **201-655-0420**  
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