

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



Kenzie, age 5

Diagnosed at 14 months

Kenzie is like any other typical five year-old girly-girl.

She loves rainbows, unicorns, Barbies, and her trusty stuffed bunny sidekick, BunBun.

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 YOUR LOCAL EMERGENCY NUMBER

- 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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