



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

**Rayna**

**Diagnosed at age 10**

Determined to spread Epilepsy Awareness.

A lover of books, a good laugh and a huge Harry Potter and Keeper of the Lost Cities fan.

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

**T**urn the person on their side

**R**emove harmful objects

**U**se something soft under  
the head

**S**tay calm

**T**ime 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](http://www.purpledayeveryday.org)

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