

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



**Antwan Rice**  
Retired Army Veteran  
Served in Afghanistan  
Traumatic Brain Injury  
Post-traumatic Stress Syndrome  
Seizures 2014

*The Fear of Change is Real  
~But without change there is no healing and without Healing  
there is no growth~*

## Seizure First Aid

**B**e calm

**R**emove dangerous objects

**A**lways time the seizure

**I**f person has fallen, turn on side and put something soft under head

**N**ever put anything in mouth and never hold the person down

### Call 911:

- 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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Educating the public not to fear epilepsy  
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For more information contact 201-655-0420



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