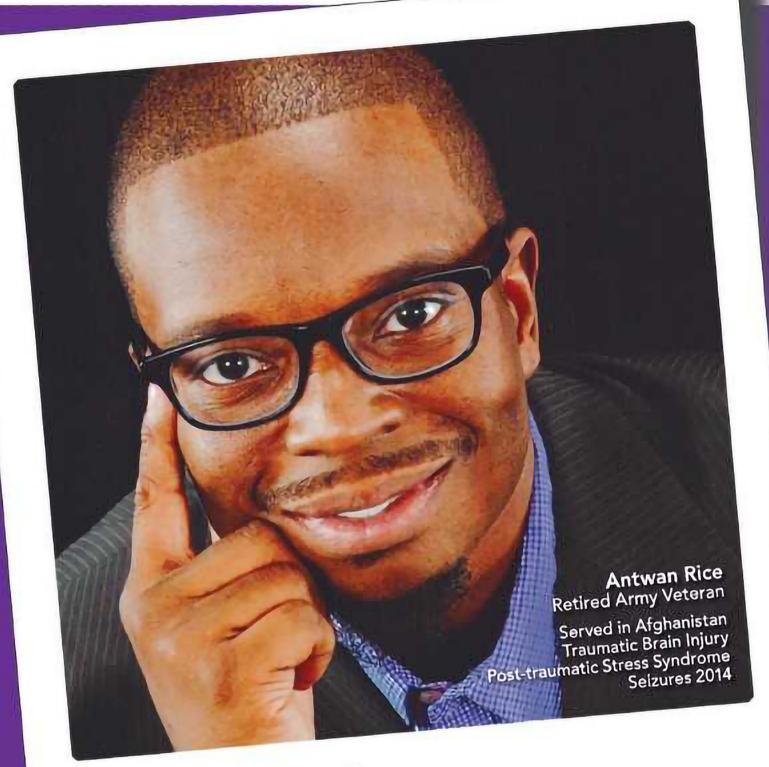
Would you know what to do if I had a seizure?



The Fear of Change is Real

-But without change there is no healing and without Healing there is no growth-

Seizure First Aid

 $B_{\text{e calm}}$

Remove dangerous objects

A lways time the seizure

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

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



The Anita Kaufmann Foundation
Educating the public not to fear epilepsy
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