

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

Seizure First Aid

Be calm

Remove dangerous objects

Always time the seizure

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

Never put anything in mouth and never hold the person down

Call 911:

For a first-time seizure

If the seizure lasts longer than 5 minutes or repeats

If person is injured, pregnant or has diabetes

If seizure occurred in water

If person does not resume breathing after the seizure

If person has no ID stating they have epilepsy

Symptoms of Traumatic Brain Injury (TBI) include many types of seizures.

Studies suggest TBI may result in an increased risk of developing epilepsy or seizures.

Please contact us for one-on-one support services and free seizure first aid material and trainings.

debra@akfus.org

<http://purpledayeveryday.org/events/heads-up-for-vets/>

EPILEPSY AWARENESS

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