

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



Ivelyse Ramirez

Nickname: Princess Lay

Diagnosed at age 6

Princess Lay likes to paint, swim, and spend time with her friends and family

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.

SEEK MEDICAL ATTENTION:

- 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

EPILEPSY AWARENESS

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