

# LACE UP FOR EPILEPSY



## Caprice

Fitness & Nutrition Coach

Diagnosed at 19

Has PTE: Post-traumatic epilepsy

*"I love to focus on what I can do, instead of what I can't do!"*

# SEIZURE FIRST AID



- ✓ Stay calm
- ✓ Move dangerous objects
- ✓ Time the seizure
- ✓ If the person has fallen to the ground, turn them on their side and put something soft under their head
- ✓ NEVER put anything in the person's mouth and NEVER hold them down
- ✓ If the person is wandering, gently steer them away from danger

## Seek Medical Attention:

- 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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For more information, call **201-655-0420**  
**[www.purpledayeveryday.org](http://www.purpledayeveryday.org)**



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