

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



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Working and living
with Epilepsy

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

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



EPILEPSY AWARENESS

**The Anita Kaufmann
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