

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

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



EPILEPSY AWARENESS

**The Anita Kaufmann
Foundation**

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