



Lace Up For Epilepsy

Audrina Griffith

Diagnosed at age 10
with idiopathic generalized epilepsy

Elite All-Star Cheerleader

*"Epilepsy doesn't make me weak.
It makes me fight harder for what I want."*

SEIZURE FIRST AID

- ✓ Stay calm
- ✓ Move dangerous objects
- ✓ Time the seizures
- ✓ If the person has fallen to the ground, turn them on their side and put something soft under their head
- ✓ **NEVER** put anything in 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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EPILEPSY AWARENESS

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