



# Lace Up For Epilepsy

## Margo

Diagnosed in 1<sup>st</sup> grade

Co-Captain of the girls Varsity Cross Country team, a link crew leader, a trombonist in the top school band, and an AP student with a high GPA.

Nicknamed "GRIT" because she embodies that attribute. She looks forward to helping others claim Epilepsy as their superpower!

# 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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EPILEPSY AWARENESS

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