



SEIZURE FIRST AID

- **STAY CALM/ CLEAR THE AREA**
- **PROTECT: GUIDE THEM SAFELY TO THE FLOOR**
- **TIME: NOTE THE SEIZURE'S START TIME**
- **SIDE: TURN THEM ON THEIR SIDE, PLACE SOFT CUSHION UNDER THEIR HEAD**
- **MONITOR: STAY UNTIL FULLY AWAKE**

WHAT YOU CAN DO

DONATE: Your generous contribution will help fund research, education, and support programs for individuals with epilepsy.

VOLUNTEER, SPREAD AWARENESS, AND ATTEND OUR EVENTS!

GET IN TOUCH



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**MOVE WITH
PURPOSE, LIVE
WITH PASSION**



**STAY
ACTIVE,
STAY
STRONG**