Seizure First Aid
(FOR GENERALIZED TONIC-CLONIC)

1. Turn person on their side
2. Remove objects/glasses
3. Use something soft under their head
4. Stay calm & stay with the person
5. Time seizure

DID YOU KNOW?
- Epilepsy is not contagious
- People with epilepsy want to be treated just like everyone else
- Most people with epilepsy no longer have seizures when taking medications

REMEmBER...
Never put anything in anyone’s mouth or hold a person down when they are having a seizure.

CALL 911 IF:
- Seizure lasts more than 5 minutes (unless otherwise noted)
- They have another seizure
- If they have never had a seizure before