Seizure First Aid
(FOR GENERALIZED TONIC-CLONIC)

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 medication
- There are many types of seizures, and even the same seizure type doesn’t present the same in every person.

**REMEMBER**

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

CALL 911 IF:
- It is a first time seizure
- It is a new type of seizure for the person
- Seizure lasts more than 5 minutes
- Seizures happen back to back
- Seizure happens along with another injury
- Seizure happens in water
- Person has diabetes or is pregnant

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**T**urn person on their side
**R**emove objects/glasses
**U**se something soft under their head
**S**tay calm & stay with the person
**T**ime seizure

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www.epilepsyallianceamerica.org
1.347.987.1610