Would you know what to do if I had a seizure?

Model Jaime Paetz
Diagnosed Age 20

Seizure First Aid

B - Be calm
R - Remove dangerous objects
A - Always time the seizure
I - If person has fallen, turn on side & put something soft under head
N - Never put anything in mouth and never hold the person down

Call 911 if:
- Seizure lasts longer than 5 minutes or repeats
- Person is injured or the seizure occurred in water
- Person does not resume breathing after the seizure
- Person has no ID stating they have epilepsy

Call 1-866-Epilepsy for the agency nearest you!
Visit www.epilepsymatters.com or www.purpleday.org

Template provided by Anita Kaufmann Foundation

Photo © Anna Thiessen
Model Jaime Paetz
Diagnosed Age 20