

IT'S TIME TO
SHOUT ABOUT
THE FACTS OF
EPILEPSY

Learn how to
handle a

SEIZURE

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EPILEPSY

It's a matter of facts

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HERE'S WHAT TO DO:

- Stay calm, be reassuring and don't hold the person having a seizure down.
- Protect the person from injury by removing nearby harmful objects.
- Put a cushion, pillow or soft item under their head to prevent head injury.
- Loosen tight neckwear (tie, scarf).
- **DO NOT PUT ANYTHING IN THEIR MOUTH.**
- Place them in the recovery position (on their side) as soon as the seizure has ended.
- Look for a bracelet ID or an identity card.
- Stay with the person until the seizure is over and they have recovered.
- **Call 911** and get medical assistance if:
 - The seizure lasts more than 5 minutes.
 - They do not have an ID stating that they have epilepsy.
 - They are not waking up after the seizure or are having difficulty breathing.
 - They are pregnant.
 - They have injured themselves due to the seizure.



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