



**If someone was
having a seizure ...
would you know
what to do?**

Turn over this
book mark
and find out

Sponsored by

**The Anita Kaufmann
Foundation**

*Educating the public not
to fear epilepsy and seizures*

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Visit www.akfus.org



Front

**STAY
CALM**

- Be reassuring &
don't hold person
down

**PROTECT
THE
PERSON**

- from injury – remove
nearby harmful
objects

LOOSEN

- tight neckwear,
ties scarf, etc.

**DO NOT PUT ANYTHING
IN THE PERSON'S MOUTH**

**PLACE
THEM ON**

- their side in a
recovery position as
soon as seizure ends

**LOOK
FOR**

- ID bracelet or
identity card

**STAY
WITH**

- the person until
seizure is over and
they recovered

**CALL 911 FOR
MEDICAL ASSISTANCE IF:**

- Seizure lasts more than 5 minutes
- There is no ID stating they have epilepsy
- They are not waking up or having difficulty breathing after seizure
- They are pregnant
- They have injured themselves during seizure

Back