



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

**DONALD**

Fifth Grade Honor Student  
Diagnosed Age 5

## SEIZURE FIRST AID

**B**e calm

**R**emove dangerous objects

**A**lways time the seizure

**I**f person has fallen, turn on side & put something soft under head

**N**ever put anything in mouth and never hold the person down

### Call 911:

- For a first time seizure
- Seizure lasts longer than 5 minutes or repeats
- Person is injured, pregnant or has diabetes
- Seizure occurs in water
- Person does not resume consciousness or normal breathing
- Person has no ID stating they have epilepsy



The Anita Kaufmann Foundation  
*Educating the public not  
to fear epilepsy and seizures*  
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