
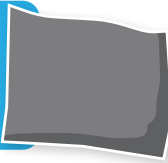



# Seizure First Aid

(FOR GENERALIZED TONIC-CLONIC)

**T** Turn person on their side 

**R** Remove objects/glasses 

**U** Use something soft under their head 

**S** Stay calm & stay with the person 

**T** Time seizure 



## 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



[www.epilepsyallianceamerica.org](http://www.epilepsyallianceamerica.org)  
1.347.987.1610