Seizure First Aid
(FOR GENERALIZED TONIC-CLONIC)

Turn person on their side

Remove objects/glasses

Use something soft under their head

Stay calm & stay with the person

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 medications

Remember...

Never put anything in anyone’s mouth or hold a person down when they are having a seizure.

Call 911 if:
- Seizure lasts more than 5 minutes (unless otherwise noted)
- They have another seizure
- If they have never had a seizure before

www.epilepsyadvocacynetwork.org