

# 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 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

