

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 

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



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

