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

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