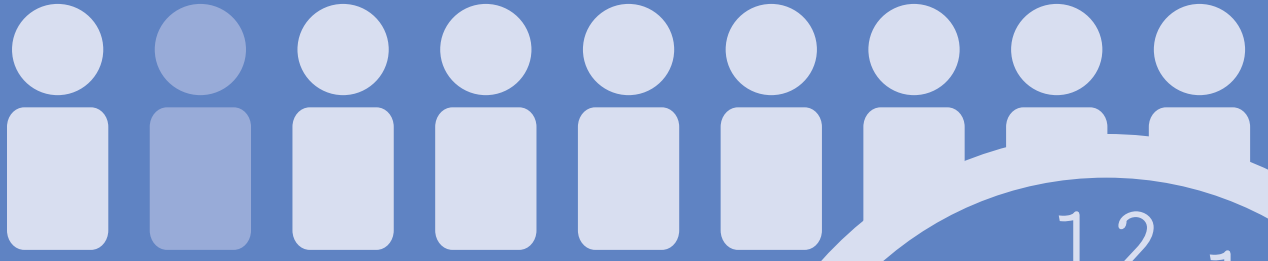


SEIZURE PROCEDURE

What to do in the event of a seizure

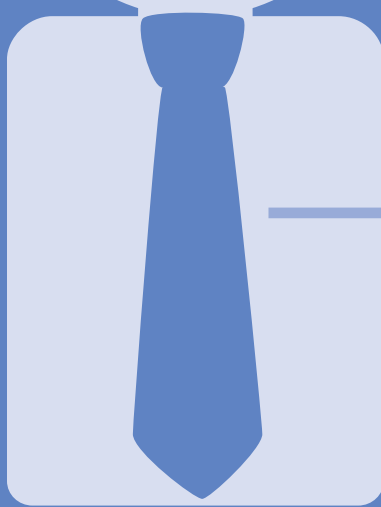
1 REMAIN CALM
If you are calm, it keeps others calm



TIME THE LENGTH
Of the seizure



3 LOOSEN CONSTRAINING ITEMS
Place soft things under head



4 CREATE A SAFE AREA
Ease to the ground if necessary

5 TURN ONTO SIDE
Never place objects in mouth

DON'T RESTRAIN
Constraint could lead to injury

BE NICE AND REASSURING
Stay until seizure ends



FIRST SEIZURE
Or hasn't been diagnosed with epilepsy

Diagnosis is typically found on bracelet or necklace

5:00

FIVE MINUTES
Seizures lasting five minutes or longer

MORE THAN ONE
Seizure within 24 hours

BACK TO BACK
Another seizure follows previous one

PREGNANT
Or diabetic

HEADACHE
Or head injury precedes seizure

NO BREATH
For 30 or more seconds

STROKE
Symptoms appear

HIGH FEVER
Or pain present upon return to awareness

EMERGENCIES

Call 911 if any of these occur

