

Shine light on

epilepsy.

Get to know your **abc's** for seizure first aid!

a. Always Stay Calm

During a convulsive seizure, place something soft under their head, turn the person on their side and move dangerous objects out of the way.

During a non-convulsive seizure, gently guide a person away from potential hazards.

b. Be Aware of the Time

Be sure to call 911 if a convulsive seizure lasts for 5 minutes.

Other emergency situations: if it is a first time seizure, if the person has diabetes, if the seizure occurs in water or if the person is injured.

c. Caution

Never place anything in a person's mouth during a seizure.

d. Do Not Restrain

Do not restrain the person. Allow the seizure to run its course.

e. Ease the Situation

Put the person at ease by reassuring them after the seizure is over. Stay by their side as they recover.



THINKING ABOUT Epilepsy

1-866-EPILEPSY



Epilepsy Durham Region
Building Healthy Communities
www.epilepsydurham.com
www.facebook.com/epilepsydurham