

# 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



## Call 911 if...

- Seizure lasts more than 5 minutes  
*(unless otherwise noted)*
- They have another seizure
- 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*

**NEVER** put anything in anyone's mouth or hold a person down when they are having a seizure.



### OUR MISSION

Epilepsy Alliance Ohio is dedicated to supporting those impacted by epilepsy in local communities by confronting the spectrum of challenges created by seizures

### OUR LOCATIONS

*Cincinnati Office*  
895 Central Avenue, Suite 550  
Cincinnati, Ohio, 45202  
513-721-2905

*Columbus Office*  
3857 N. High Street, Suite 206  
Columbus, Ohio, 43214  
614-725-1031

### CONTACT US

For information on our programs and services, please call us at toll free 1-877-804-2241 or check us out on the web at [epilepsy-ohio.org](http://epilepsy-ohio.org).



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