



EPILEPSY FOUNDATION

North/Central Illinois Iowa & Nebraska

IOWA SERVICES:

- ◆ Individual & Family Assistance
- ◆ Support Group Meetings
- ◆ **FREE** Seizure Recognition & First Aid Training
- ◆ Epilepsy Education
- ◆ Studio E Art Therapy
- ◆ Iowa Epilepsy Youth Council
- ◆ Advocacy

Epilepsy Foundation's Iowa Office

515-238-7660

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Website: www.epilepsyheartland.org



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Seizure First Aid is easy

Would you know what to do?

Cushion & protect head



Turn on side, remove harmful items



Loosen any tight clothing



DON'T put anything in the mouth



Time the seizure



Check for a medical I.D. card



DON'T restrain or hold down



Most seizures are NOT convulsive

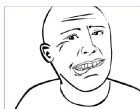
Know the hidden signs:



Blank Staring



Repetitive Movements



Chewing, Licking, Swallowing



Wandering



Shaking, Contracting



Confused Speech, Repetitive Phrases