

Seizure First Aid is easy

Would you know what to do?

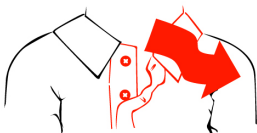
Cushion & protect head



Turn on side, Remove harmful items



Loosen any tight clothing



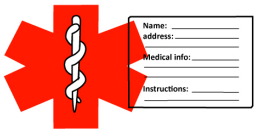
DON'T put anything in the mouth



Time the seizure



Check for a medical I.D. card



DON'T restrain or hold down



**EPILEPSY
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North/Central Illinois Iowa & Nebraska