



Epilepsy & Seizures Helpline

Information Specialists answer your questions about epilepsy and seizures.

Get referrals to national and local resources.



How we can help

- ▶ Information on medication and treatment options
- ▶ Support groups
- ▶ Financial assistance programs
- ▶ Seizure First Aid and safety
- ▶ Employment, discrimination, and legal issues
- ▶ Emotional support
- ▶ Sudden Unexpected Death in Epilepsy (SUDEP) information and support
- ▶ Free information packets

1-800-332-1000

Interpreters available for over 200 languages
en Español 1-866-748-8008
epilepsy.com/helpline

**Providing HELP, HOPE, and
SUPPORT for people affected
by seizures and the epilepsies.**



Seizure First Aid



1

STAY with the person until they are awake and alert after the seizure.

- ✓ Time the seizure ✓ Remain Calm
- ✓ Check for **medical ID**

2

Keep the person **SAFE**

- ✓ Move or guide away from **harm**

3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head

Call
911
if...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty Breathing
- ▶ Seizure occurs in water

Do
NOT

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth
- ✓ **Rescue medicines can be given** if prescribed by a health care professional.

Learn more and Register for Training:
epilepsy.com/firstaid



EPILEPSY
FOUNDATION

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The Epilepsy & Seizures Helpline is not staffed by clinical professionals and cannot provide medical services, diagnosis, treatment recommendations or laboratory test analysis. Helpline staff can only provide information based upon published materials approved by the Foundation's Professional Advisory Board and referrals to reputable resources.

This publication is supported by the CDC/US Dept. of HHS as part of a financial assistance award totaling \$1,500 with 100% funded by the CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS, or the US Government.

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Rev. 07/2022

229HLB