

# ANYONE WITH A BRAIN CAN HAVE A SEIZURE

## I KNOW HOW TO HELP!

**T**ime the seizure  
**R**emove dangerous objects  
**U**se something soft under the head  
**S**tay calm  
**T**urn the person on their side if they have fallen to the ground - but NEVER hold them down

If the person is wandering, guide them away from danger.  
NEVER put anything in the person's mouth

**9-1-1**

Call 9-1-1 if the seizure lasts longer than five minutes, if the person has more than one seizure in a row, or if it's their first seizure.

