EPILEPSY

Would You Know What To Do?

The ABC's of Seizure Management

A. **Stay Calm.** During a convulsive seizure ensure the person is on their side, and remove dangerous objects.

B. **Time seizure.** More than 5 minutes call 911.

C. **Place something soft** under their head for protection.

D. **Do not** try to restrain the person, a seizure can't be stopped.

E. **Never** place an object of any kind in a person's mouth during a seizure.

F. **Reassure** the person after the seizure is over.

EPILEPSY
matters

get the facts
www.epilepsydurham.com

Epilepsy Durham Region 850 King Street West, Unit 20, Oshawa, ON L1J 8N5 Tel: (905)571-2099
Email: support@epilepsydurham.com

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