



**EPILEPSY
FOUNDATION**
Greater Southern Illinois

and



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FOUNDATION**
Greater Southern Illinois-Southern Region

Presents the November 2024 Educational Monthly Support Group

Topic: Seizure First Aid

Where: EFGSI Event Hall
750 W H Street
Belleville, IL 62226

When: November 19, 2024
From 11:00am to 1:00pm

*Please bring a sack lunch.
Beverages will be provided.*

*Please RSVP to Janee Baldwin at
(618) 236-2181 ext. 116
or janeeb@epilepsygsil.org by
November 14, 2024.*

Sponsored by the St. Clair County Mental
Health Board, Madison County Mental
Health Board, and the Illinois
Department of Human Services.



Seizure First Aid

How to help someone having a seizure

1	<p>STAY with the person until they are awake and alert after the seizure.</p> <ul style="list-style-type: none"> ✓ Time the seizure ✓ Remain calm ✓ Check for medical ID 	
2	<p>Keep the person SAFE.</p> <ul style="list-style-type: none"> ✓ Move or guide away from harm 	
3	<p>Turn the person onto their SIDE if they are not awake and aware.</p> <ul style="list-style-type: none"> ✓ Keep airway clear ✓ Loosen tight clothes around neck ✓ Put something small and soft under the head 	
Call 911 if...	<ul style="list-style-type: none"> ▶ 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	<ul style="list-style-type: none"> ✗ Do NOT restrain. ✗ Do NOT put any objects in their mouth. ✓ Rescue medicines can be given if prescribed by a health care professional 	