

**KNOWLEDGE IS
THE ANTIDOTE
FOR FEAR.**

—RALPH WALDO EMERSON



Danny Did
foundation



THE FIRST SEIZURE...STEPS TO TAKE



Addressing the First Seizure

- CALL 911.
- Roll the person on their side to prevent from choking.
- Note the time the seizure begins. The duration of the seizure matters to first responders and doctors.
- Cushion the person's head.
- Protect the person. Do this by clearing the space or by gently holding the person to prevent them from coming into contact with objects.
- Stay calm. Do not panic at this point. You cannot stop the seizure. The person seizing needs your help. You are the responder, not the victim.



Now You're At The Doctor's Office

- Ask the doctor if a person can seize while sleeping.
- Ask the doctor if a seizure can be fatal
- Ask the doctor if a device for home-use exists that can sound an alarm when seizure activity occurs
- Ask the doctor if EEGs should be performed more than once every six months.
- Ask the doctor about MRIs, with and without contrast.
- Ask the doctor to discuss SUDEP.
- Ask another doctor(s) if your instincts tell you to do so.