

MEDICAL INFORMATION

Name:

Address:

Doctor:

Medications:

Emergency Contact:

Allergies:

Seizure First Aid

- 1. Don't panic
- 2. Allow plenty of space
- 3. Protect from Injury
- 4. Loosen anything tight around the neck
- 5. Turn to the side to prevent choking
- 6. NEVER put anything in their mouth
- 7. NEVER restrain
- 8. Longer than five minutes: Call an ambulance
- 9. Afterwards: offer support and allow rest

