

# First Aid for Seizures

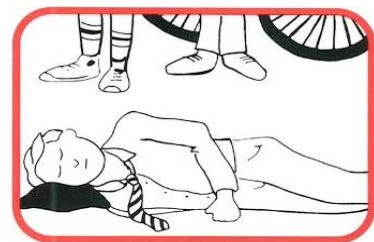
(Convulsions, generalized tonic-clonic, grand mal)



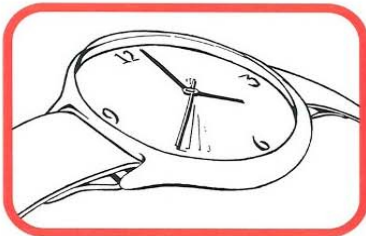
Cushion head,  
remove glasses



Loosen tight clothing



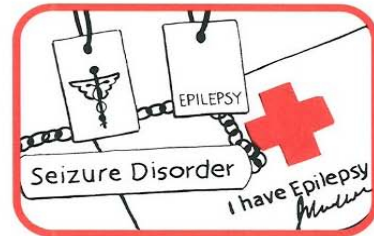
Turn on side



Time the seizure with  
a watch



Don't put anything  
in mouth



Look for I.D.



Don't hold down



As seizure ends...



...offer help