What do I do when someone has a seizure?

**DO**

- **Stay CALM.**
  - Move objects that might hurt them or gently guide them away from danger.
- **Call over a teacher or adult.**
- **Listen to their instructions.**

**DON’T**

- **Don’t panic.**
  - Don’t try to hold them down or put anything in their mouth.
- **Don’t leave.**

CALL 911 if you are alone.

**sources:**
- The Epilepsy Foundation
- The CDC
- The Epilepsy Society

For more information visit www.thecameronboycefoundation.org