

During November, Epilepsy Awareness Month, please download, print and distribute these epilepsy awareness bookmarks at your school, church, place of business, in line at the grocery store, or any other place you might strike up a conversation with someone. Print on cardstock and laminate for extra durability.

**November**  
is  
**EPILEPSY**  
**AWARENESS MONTH**

*Know how to perform proper...*

*SEIZURE FIRST AID*

1. Lie the person on the floor on their side.
2. Don't put anything in their mouth.
3. If seizure activity lasts more than 5 minutes call 911.
4. Check for Medical ID bracelet.
5. Remain calm.
6. Don't hold the person down.
7. Stay with the person until they are awake and alert.
8. Be friendly and encouraging and offer help.

for more epilepsy information:

[www.peakinark.com](http://www.peakinark.com)

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