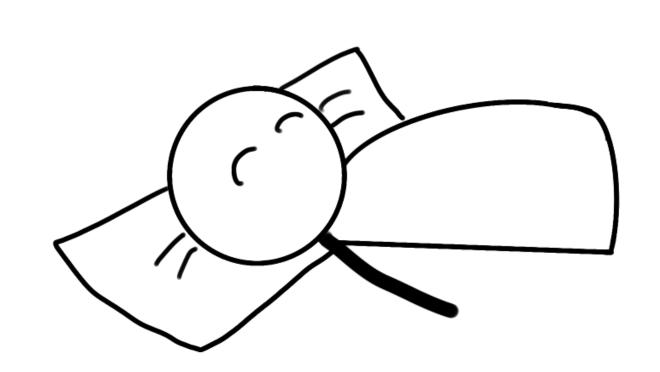
Seizure first aid



Remove Glasses



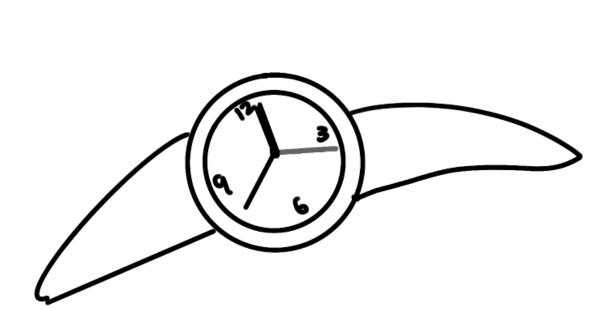
Cushion Head



Loosen tight clothing



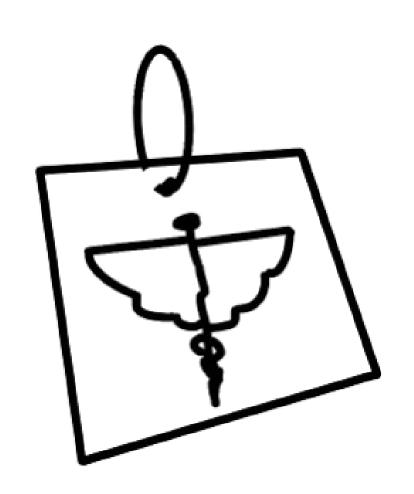
turn person onto their side



Time the siezure



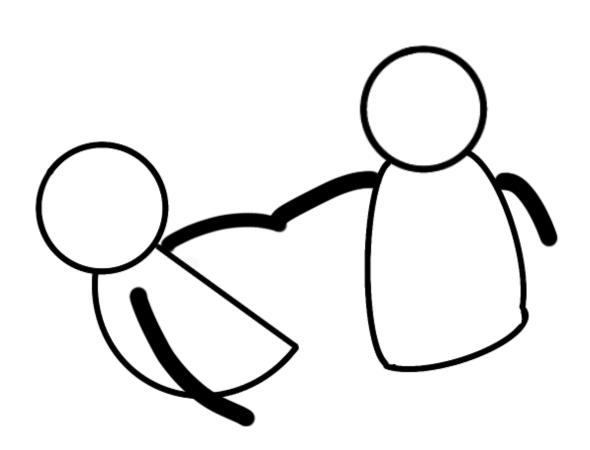
Do not put things in their mouth



Find identification



Do not hold down



When Seizure ends offer help