Epilepsy Awareness

What is epilepsy?

Epilepsy is a medical condition that affects the brain

It causes seizures

It can usually be controlled with medication

How can I help if someone is having a seizure?

Don't panic

If you can, time how long their seizure goes on for

Move objects out of the way and put something soft under their head

Shout for help. Don't leave the person on their own

Reassure them, they will probably be scared

Be kind to them when the seizure has stopped and stay with them

Quiz

1. Epilepsy is a medical condition that affects the:

   a) Stomach
   b) Heart
   c) Brain

2. If someone is having a seizure, I should:

   a) Shout for help
   b) Put something soft under their head
   c) Time the seizure
   d) All of the above

3. Once the seizure is over, I should:

   a) Shout at them
   b) Leave them alone
   c) Stay with them and be kind