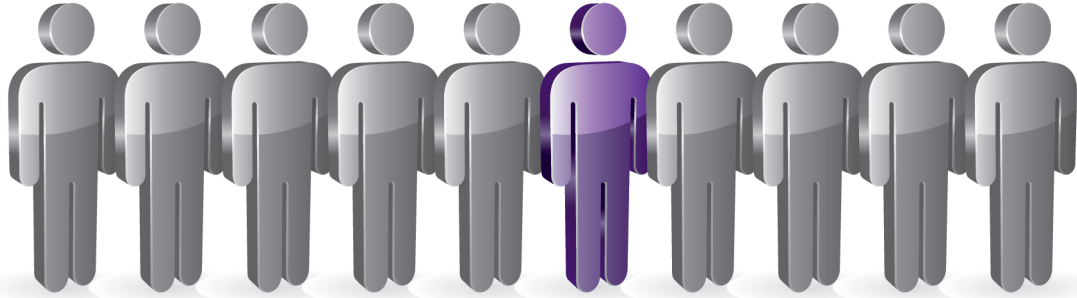


1 IN 10 Will Have a Seizure In their Lifetime...



1 IN 26 Will Develop Epilepsy. Do You Know What to Do?

What do you do?

The most important thing when witnessing a seizure is not to panic. Remain calm, track the time, document seizure activity and help the individual as much as you can.

DO

- Lay the person on their side
- Put something under their head to prevent injury
- Protect them from possible hazards
- Remain with them until awareness is fully regained

DON'T

- Do not put anything in a person's mouth—you will actually harm them or yourself more than you will help
- Do not attempt to give oral medications, food or drink during a seizure
- Do not hold down or restrain in any way

There are **3 million people** in the US and **65 million people** worldwide facing epilepsy. There are over 40 types of seizure syndromes. Approximately 50,000 people die from seizure-related deaths every year which is more than breast cancer or drunk driving.

How can you help? Share the knowledge! Schedule a presentation, visit the website at www.epilepsyed.org, or follow us on Facebook.

