



What kids need to know about epilepsy...

SOMEONE YOU KNOW MAY HAVE EPILEPSY

- 1 in 100 people live with epilepsy
- a person with epilepsy has seizures

ASSIST THE PERSON DURING A SEIZURE

- send for adult help
- stay with them
- don't hold them down or put anything in their mouth

TREAT THE PERSON WITH RESPECT

- remember, people with epilepsy are just as capable as anyone else!

SMART

MESSAGES IN THE PERSON'S BRAIN GET ALL MIXED UP DURING A SEIZURE

- not all seizures are the same
- during some seizures it looks like the person is staring. Sometimes the person looks confused, other times the person may drop to the ground and shake
- the seizure often stops itself
- sometimes when the seizure is long (more than 5 minutes) an ambulance is called

REASSURE THE PERSON - NEVER LAUGH OR MAKE FUN OF SOMEONE WHO HAS SEIZURES

- the person cannot control what happens during the seizure
- when the seizure is over, the person might be confused, tired or embarrassed
- let them rest – most often, they will be back to their usual self soon



how epilepsy
SMART are you?



Take the short quiz
epilepsySmart.org.au
Challenge your family and friends!



For Epilepsy Support
1300 852 853