SomeONE YOU know may have epilepsy
• 1 in 100 people live with epilepsy
• a person with epilepsy has seizures

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

Assist the person during a seizure
• send for adult help
• stay with them
• don’t hold them down or put anything in their mouth

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

Treat the person with respect
• remember, people with epilepsy are just as capable as anyone else!
how epilepsy SMART are you?

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