

# EPILEPSY HELP CARD

If one of your parents has epilepsy you may like to make a card to carry with you, just in case they have a seizure when you are with them and the people round about are not sure what is happening and don't know what to do.

If you would like to make a card just follow these instructions.

You will need

- to print off this page
- some card (the back of a corn flakes packet will do)
- a pair of scissors
- a glue stick

## Stage 1

cut out the rectangle marked Number 1  
glue the back of it  
stick it on to the card  
when it has stuck cut it out

## Stage 2

cut out the rectangle marked Number 2  
glue the back of it  
stick it onto the back of the card on which you have stuck rectangle Number 1

*That's it!*

Number 1



### MY PARENT HAS EPILEPSY

Please do not panic

The back of this card will tell you how you can help us.



Name: \_\_\_\_\_

Contact: Home \_\_\_\_\_ Mobile \_\_\_\_\_

Number 2



#### **DO.....**

- keep calm
- provide gentle protection from obvious dangers
- let the seizure run its course
- place in recovery position (*see picture on front of card*)
- telephone the contact number and tell the person who answers what has happened.

#### **PLEASE DO NOT.....**

- panic
- try to stop the seizure
- place anything in the mouth
- send for an ambulance **unless -**
  - one seizure follows another
  - the seizure lasts longer than 5 minutes,
  - consciousness is not regained after 15 minutes
  - there is obvious injury.

[www.epilepsymersey.org.uk](http://www.epilepsymersey.org.uk)