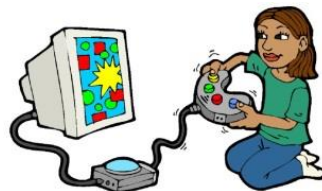


Children with epilepsy can do most things in life

How can we keep children with epilepsy safe when they are doing these activities?











Some ideas to help you

have a buddy to help wear a helmet tell a life guard
take medication eat regularly don't get too tired
don't sit too close to a tv or computer screen
when you see flashing lights cover one eye with the palm of
your hand