

My name is .....

I have epilepsy. Please contact .....

Phone.....

When I have a seizure this is what usually happens to me

.....

.....

My seizure lasts for.....minutes

It takes me some time to recover, typically.....minutes

Please help me by.....

.....

.....

Only call an ambulance (111) if, after my seizure

I have hurt myself

I have problems breathing

My seizure lasts longer than 5 minutes

I have one seizure after another and I don't recover

**PLEASE STAY CALM!**

Epilepsy first aid during and after a convulsive seizure

1. Make the area safe
2. Place something soft under my head
3. DO NOT put anything in my mouth
4. If my seizure lasts longer than 5 minutes dial 111
5. After my seizure roll me into a recovery position on my side
6. Check my breathing
7. Minimise my embarrassment. I may have lost bladder and bowel control
8. Please stay with me until I recover. I may be confused or really tired