

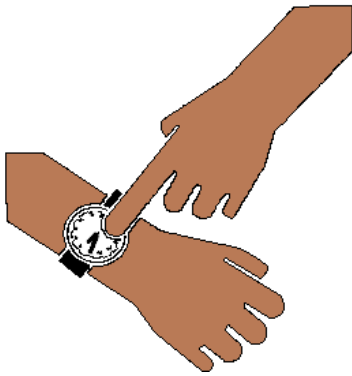


Your epilepsy

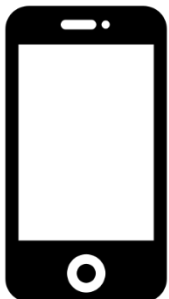


You are with a person now.

They are having a fit.



You need help **now**.



000

Call 000.



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

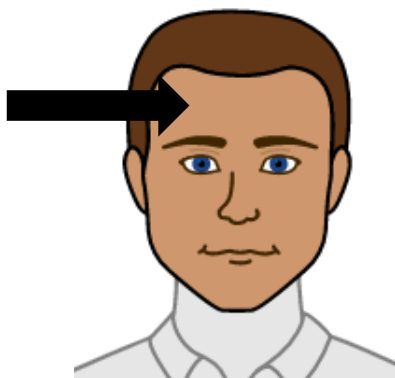
- 31
- 45.



You may be more than 55 years old.

Like

- 58
- 75.



The brain may get little shocks.

Your brain is in your head.



Some people say you have a fit.

Some people may say it is a seizure.

It is your epilepsy.

Epilepsy is a brain problem.



You may have little fits. You may

- stare
- get confused.

Your muscles may go stiff.

Or



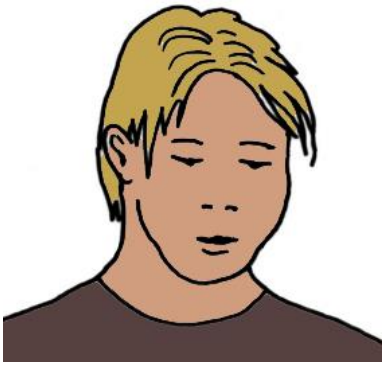
You may have big fits.

It is to all your body.



It may make you

- shake
- faint. You are **not** awake.



You may be confused.

You do **not** know you had a fit.



It may make other problems.

Like you fall. You may hurt your self.



Epilepsy can change how you feel.

Like you think you may have a fit.

It can be any time. You feel sad.

You do **not** want this problem.

Or



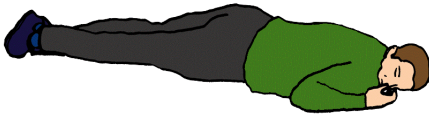
You worry. You think about fits.

You feel this way all the time.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
★						
		★			★	
	★					
			★			
★						★

You may have fits

- a lot. Like each day.
- some times. Like 1 time each year.
- 1 time only.



Your fits may change things. Like

You may fall lots of times.

Or



It may be hard to move your body **now**.

You may need help to walk.



What can you do?



Things change. Like you

- have new friends
- start a new job.



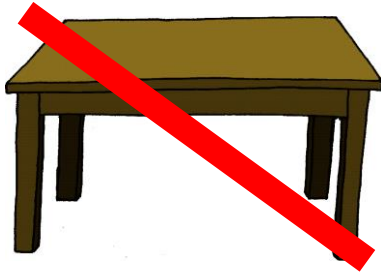
Tell people

- about your epilepsy.
- what they need to do.



You have a fit.

They know how to help you.



You can think about your home.

Things have sharp parts.

You may need to move them.

You do **not** want to hit your head.



You can wear things to keep you safe.

Like a helmet.



Talk to a physio.

They help find safe ways to move. Like

- a walking frame
- wheel chair.



Talk to your doctor.



Your doctor helps you make a plan. Like

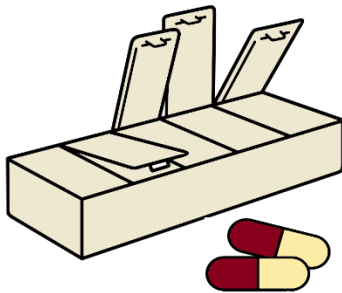
- what pills to take
- how to stay safe.



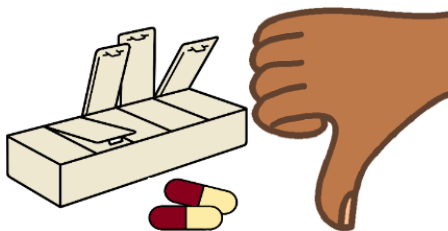
The plan works.

You see your doctor 1 time each year.

It is to check the plan.



Your doctor may say you need pills.



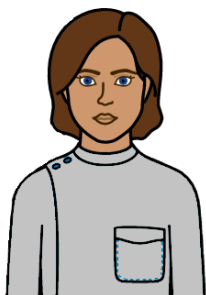
Some times the pills do **not** work.

Or



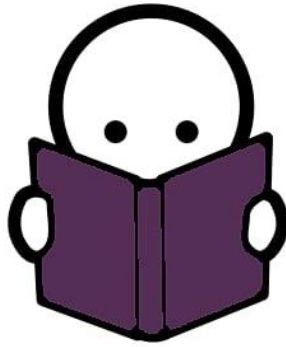
The pills give you different problems.

Like you put on weight.



You may need a special doctor.

They do a new plan.



You want to know more



Read

Places to get help.

Or



Places to get help. You are old.