



Take the Quiz

#DareTo Be Seizure Smart

1. What is epilepsy?

- a) Not an important medical problem
- b) A contagious disease
- c) Caused by evil spirits
- d) Recurring seizures

2. What happens during a seizure?

- a) Always causes a loss of consciousness
- b) Bursts of electrical activity in your brain that cause a variety of changes in behavior
- c) Always results in involuntary movement and convulsing
- d) Always causes falling to the ground

3. What is a sign or symptom of a seizure?

- a) Jerking and convulsing
- b) Staring
- c) Picking at clothes
- d) All of the above

4. Epilepsy can be treated with:

- a) A special diet
- b) Medication
- c) Surgery
- d) All of the above

5. When a person is having a seizure, you should put this in the person's mouth:

- a) Spoon
- b) Tongue depressor
- c) You should never put something in the mouth of a person having a seizure
- d) Finger

6. What should you do if you see someone having a seizure?

- a) Stay calm and keep onlookers away
- b) Time the seizure, most seizures only last a few minutes
- c) Move nearby objects out of the way and do not forcibly hold the person down
- d) All of the above

7. What will you do to get people seizure smart?

- a) Hand out the #DareTo Be Seizure Smart quiz to everyone in your community
- b) Tweet out the facts on epilepsy.com/dareto-seizure-smart
- c) Talk about epilepsy and seizures, especially proper seizure first aid, with your family, friends, co-workers, neighbors, and community leaders
- d) All of the above

It's National Epilepsy Awareness Month

Visit epilepsy.com

#DareTo Get the Facts

#DareTo Talk About It

#DareTo Get Involved

#DareTo Reach Out



epilepsy.com