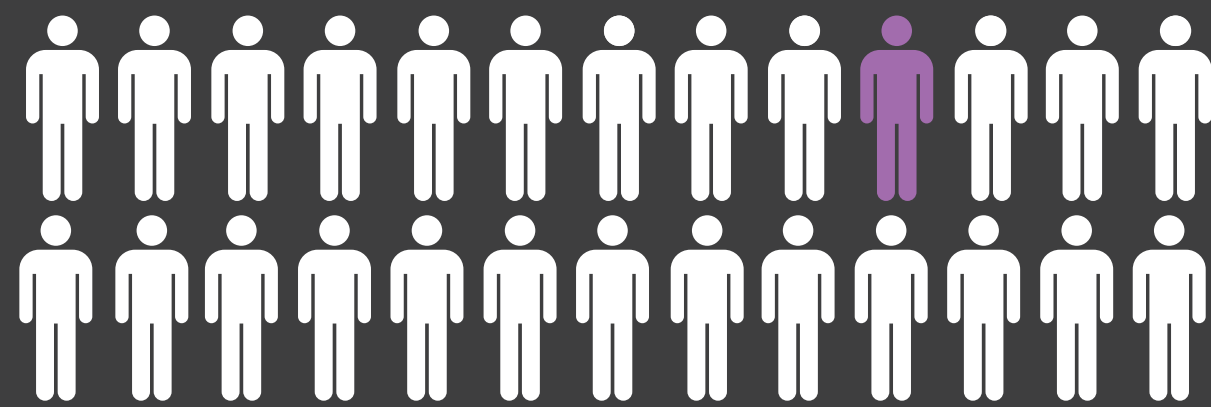


# EPILEPSY: LET'S TALK ABOUT THE FACTS



1 IN 26 PEOPLE IN THE U.S. WILL DEVELOP EPILEPSY IN THEIR LIFETIME



That means **you may have a friend with epilepsy** who is afraid to talk about it because they feel like they may be treated differently. Talk About It!

## WHAT IF A SEIZURE HAPPENS? REMEMBER THESE TIPS.

Knowing what to do and what NOT TO DO is important, and the best way to know is to **Talk About It**



Turn them on their side if they are lying down

DON'T put anything in their mouth



Call 9-1-1



Remove any harmful objects



Keep onlookers away

DON'T hold them down




Remain calm

IF SOMEONE HAS A SEIZURE, MAKE SURE THEY ARE **COMFORTABLE** AND **STAY WITH THEM** UNTIL THE SEIZURE IS OVER.

LEARN MORE ABOUT **HOW TO HELP A FRIEND!** VISIT...



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