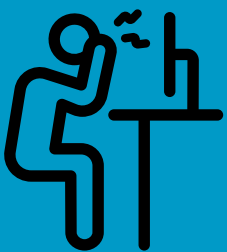
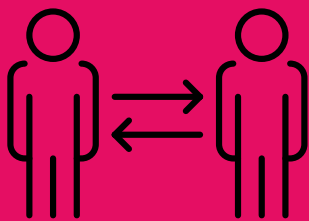


# How to play safely

**Whether you're taking part in a gaming marathon or a solo challenge, it's important to look after yourself while streaming. Take a look at our guidelines and tips below on how to play safely.**



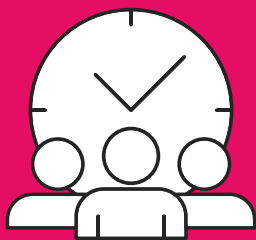
**Take regular breaks away from the screen to give your eyes a break. Don't forget to stretch those muscles too**



**Don't share personal information with people in games**



**Keep hydrated and fuelled with plenty of water and healthy snacks**



**Limit your streaming length – perhaps share a stream with others or play just a few hours solo**

**18**<sup>TM</sup>

[www.pegi.info](http://www.pegi.info)

**Check the age rating of any games you play (or the streaming platform you're using)**

## Got any questions?

Contact our Fundraising events team at [events@epilepsy.org.uk](mailto:events@epilepsy.org.uk) or by calling **0113 210 8824**

We advise anyone organising a streaming event to seek permission from the copyright holder of any material used before broadcasting.

EpilepsyAction is a working name of British Epilepsy Association. A company limited by guarantee (registered in England No. 797997) Registered charity in England and Wales (No. 234343) © Copyright Epilepsy Action 2020