epilepsy *action*
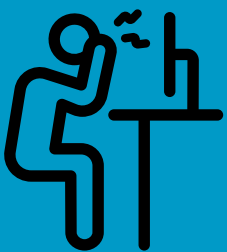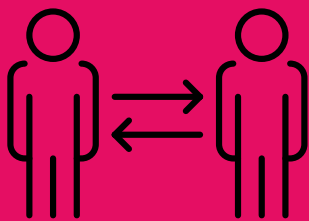
How to play safely

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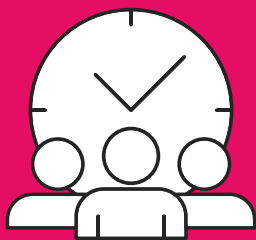
Take regular breaks away from the screen to give your eyes a break. Don't forget to stretch those muscles too

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

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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** 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.