



CUT ALONG THE DOTTED LINE

Name

Address (optional)

Postcode

Telephone

Mobile

epilepsy action

I have epilepsy



Epilepsy Action Helpline:

freephone 0808 800 5050

helpline@epilepsy.org.uk

Epilepsy Action cannot be held liable for any actions taken based on the information given on this card.

Epilepsy Action

New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY

tel. 0113 210 8800 email epilepsy@epilepsy.org.uk

epilepsy.org.uk

Registered charity in England and Wales (No. 234343)

© Copyright Epilepsy Action 2023 B026.08

FOLD HERE

FOLD HERE

First aid instructions

If I have a seizure with convulsions:

- Cushion my head
- Remove any harmful objects from nearby
- NEVER put anything in my mouth
- Do not restrict my movements
- Do not move me unless I am in danger
- Once it is over, put me on my side in the recovery position (see front cover)
- Stay with me until I am fully recovered

If I have a different type of seizure:

- Do not restrict my movements unless I am in danger
- If I fall, cushion my head and put me on my side in the recovery position (see front cover)
- Stay with me until I am fully recovered

Call an ambulance if:

my seizure lasts longer than 5 minutes, I have one seizure after another without recovering in between, I have difficulty breathing

after the seizure has stopped or I am injured.

Thank you for your help.

During a seizure I usually

(Examples: fall, wander, appear to daydream ...)

After my seizure I usually

(Examples: need to sleep, have problems talking ...)

I usually recover in

(say how long)

Medicines:

In an emergency contact the following person:

Name: _____

Telephone: _____

Mobile: _____

My doctor is:

Doctor's telephone: _____