

If I have collapsed, place me in the recovery position when the seizure is over-(see diagram). This will help me breathe.



...on the side of people in need

I Have Epilepsy

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Name: _____

Address _____

I.D. no. _____

In Case of an emergency please contact.

Name _____

Address _____

My medication/s: _____

When I have seizure I _____

Key first aid information

- Never put anything in my mouth when I am having a seizure. You could easily damage my teeth.
- Don't restrict my movements unless you are moving me from a dangerous location. e.g. (traffic)
- Protect my head with something soft.
- Call ambulance if a seizure lasts longer than 5 minutes, or appears to be different from the notes I have on this card and if
- I stop breathing or I am injured.
- Please stay with me until I have recovered.