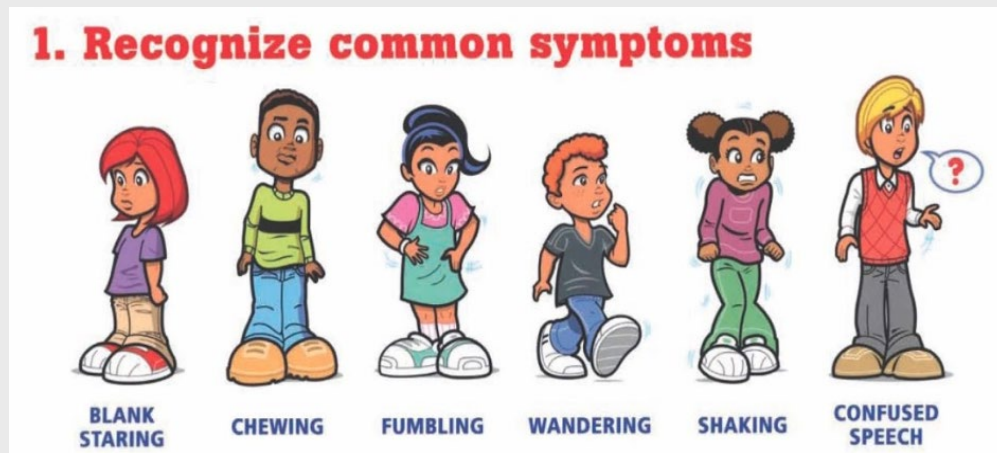


NOVEMBER IS NATIONAL EPILEPSY AWARENESS MONTH

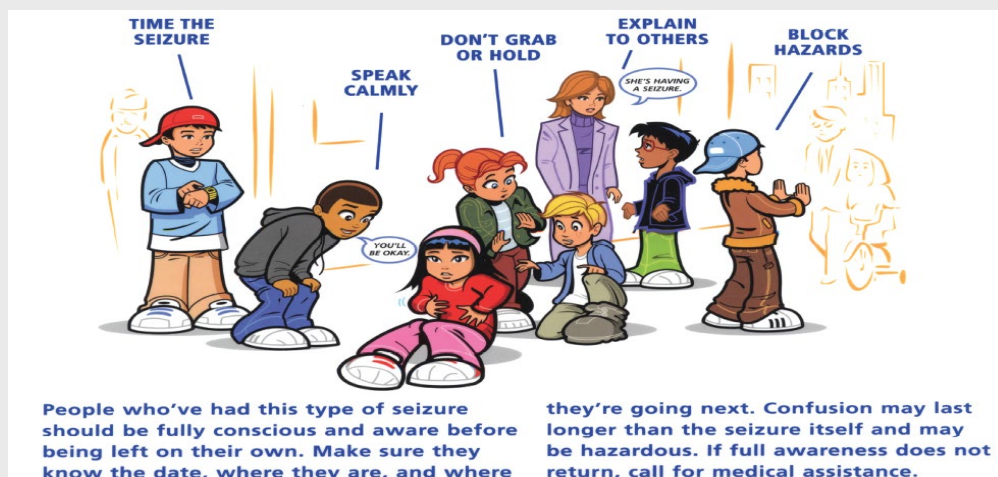
Quick Facts About Epilepsy...

- 1 in 10 people will have a seizure and 1 in 26 will develop epilepsy during their lifetime.
- There are 3.4 million people living with epilepsy in the United States; **470,000 of them are children.**
- Epilepsy is a neurological disorder that can affect any one of us regardless of race, age, or gender.
- Seizures are a symptom of epilepsy. Not all seizures are the same. Many people with epilepsy have more than one type of seizure.

Symptoms of Seizures...



What to Do if You Witness Someone Having a Seizure...



Read below to learn about Seizure First Aid...

	Seizure First Aid How to help someone having a seizure	
1	STAY with the person until they are awake and alert after the seizure. ✓ Time the seizure ✓ Remain calm ✓ Check for medical ID	
2	Keep the person SAFE. ✓ Move or guide away from harm	
3	Turn the person onto their SIDE if they are not awake and aware. ✓ Keep airway clear ✓ Loosen tight clothes around neck ✓ Put something small and soft under the head	
Call 911 if...	▶ Seizure lasts longer than 5 minutes ▶ Person does not return to their usual state ▶ Person is injured, pregnant, or sick ▶ Repeated seizures ▶ First time seizure ▶ Difficulty breathing ▶ Seizure occurs in water	
Do NOT	✗ Do NOT restrain. ✗ Do NOT put any objects in their mouth. ✓ Rescue medicines can be given if prescribed by a health care professional	

For more information on epilepsy and seizures, check out www.epilepsy.com