

I HAVE EPILEPSY

About me

My name is: **Your Name**

My contact number is: **9999999999**

In an emergency please call

Name: **Emergency Name**

Contact number: **9999999999**

My Doctor's Name: **Your Doctor's Name**

My Doctor's number: **9999999999**

This is what usually happens to me in a seizure:

This is what happens
This is what happens

My seizures usually last for **7** minutes

It takes me **8** minutes to recover

If I am having a seizure you can help me by:

You can help me by
You can help me by

Most people do not come to any harm during a seizure or need to go to hospital or see a doctor.

Please dial for an ambulance if:

- I have injured myself during the seizure;
- I have trouble breathing after the seizure;
- My seizure lasts for longer than 5 minutes; or
- I have one seizure after another without recovering