Key facts about epilepsy:

- Around 70% of people with epilepsy can achieve seizure control through medication.
- 50% of people who have a seizure will never have another.
- Around 400,000 people in the UK have epilepsy.
- Seizures can mean an increased risk of accidents and, although uncommon, seizures can cause premature death.
- Understanding your epilepsy is the best way to control the risks and get the most out of life.

Key steps to take if you have epilepsy:

- Find out more about epilepsy. Information is available on the condition, how it can affect your lifestyle, treatment and how to manage risks. See the list opposite for useful organisations and contact details.
- Keep a diary of your seizures and anything you think may trigger your seizures, eg lack of sleep. This information can help you and the doctor treating you.
- Take sensible steps to reduce any risks.
- Talk to your family and friends - help them understand epilepsy and how to help you.
- You may like to complete the form overleaf to explain to other people how they can help if you have a seizure.
Further information on epilepsy
Helplines, advice and information

**Epilepsy Action**
Helpline: 0808 800 5050
Website: www.epilepsy.org.uk

**Mersey Region Epilepsy Association**
Helpline: 0151 298 2666
Website: www.epilepsymersey.org.uk

**National Society for Epilepsy**
Helpline: 01494 601 400
Website: www.epilepsynse.org.uk

**DIPEX**
Filmed interviews on living with epilepsy
Website: www.dipex.org
Email: info@dipex.org

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**I have epilepsy**
If I am found unconscious or seem confused it is probably because I have just had an epileptic seizure.
Please see the simple first aid instructions inside this card.
Thank you.

**Joint Epilepsy Council**
Links to regional groups, residential providers, young people's services and research
www.jointepilepsycouncil.org.uk

**Epilepsy Bereaved**
Support for families affected by epilepsy related death
Contact line: 01235 772 852
Website: www.sudep.org
My name: _______________________

During a seizure I usually
(eg. fall, move about aimlessly, appear to daydream, etc)

My GP is: _______________________
My GP’s Tel No.: _______________________
My medication: _______________________

After my seizure I usually
(eg. need to sleep, have problems talking, etc)

The recovery position

My seizures usually last ___ minutes.

In an emergency please contact:
Name: _______________________
Telephone: _______________________

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. the edge of a swimming pool or near moving traffic.
- Protect my head with something soft.
- Call an ambulance if:
  - a seizure lasts longer than 5 minutes
  - the seizure appears to be different than usual (see the notes I have made on this card)
  - I stop breathing
  - I am injured
  - you are at all unsure what to do.
- Please stay with me until I have recovered.
- If I have collapsed, place me in the recovery position when the seizure is over – see diagram. This will help me breathe.

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