

**“It’s still hard for me to say *epilepsy*.**  
*People have this picture in their minds.”*

**IF MY TEEN HAS A SEIZURE** We appreciate any assistance that you are able to offer. • Protect my teen from nearby hazards. • Protect his or her head from injury with a towel or pillow. • Loosen tie, shirt, collar, or anything tight around the neck. • Turn my teen on one side to keep airway clear and prevent choking. • Do not try to prevent jerking movements or restrain in any way. • Emergency medical care is usually not required if the seizure ends without difficulty. • If convulsive movements last longer than 5 minutes, breathing does not appear normal, or another seizure starts, call 911. • After the seizure ends, please call us at \_\_\_\_\_.

*“The only true disability is*  
**a lack of knowledge.”**

**IF MY TEEN HAS A SEIZURE** We appreciate any assistance that you are able to offer. • Protect my teen from nearby hazards. • Protect his or her head from injury with a towel or pillow. • Loosen tie, shirt, collar, or anything tight around the neck. • Turn my teen on one side to keep airway clear and prevent choking. • Do not try to prevent jerking movements or restrain in any way. • Emergency medical care is usually not required if the seizure ends without difficulty. • If convulsive movements last longer than 5 minutes, breathing does not appear normal, or another seizure starts, call 911. • After the seizure ends, please call us at \_\_\_\_\_.

*“People ask how do you do it?”*

**They never ask** *what can I do for you?”*

**IF MY TEEN HAS A SEIZURE** We appreciate any assistance that you are able to offer. • Protect my teen from nearby hazards. • Protect his or her head from injury with a towel or pillow. • Loosen tie, shirt, collar, or anything tight around the neck. • Turn my teen on one side to keep airway clear and prevent choking. • Do not try to prevent jerking movements or restrain in any way. • Emergency medical care is usually not required if the seizure ends without difficulty. • If convulsive movements last longer than 5 minutes, breathing does not appear normal, or another seizure starts, call 911. • After the seizure ends, please call us at \_\_\_\_\_.

*“You want your child to be  
like every other teenager out there.”*

**IF MY TEEN HAS A SEIZURE** We appreciate any assistance that you are able to offer. • Protect my teen from nearby hazards. • Protect his or her head from injury with a towel or pillow. • Loosen tie, shirt, collar, or anything tight around the neck. • Turn my teen on one side to keep airway clear and prevent choking. • Do not try to prevent jerking movements or restrain in any way. • Emergency medical care is usually not required if the seizure ends without difficulty. • If convulsive movements last longer than 5 minutes, breathing does not appear normal, or another seizure starts, call 911. • After the seizure ends, please call us at \_\_\_\_\_.