

fold

My name: _____

During a seizure I ...

(eg. fall, move about aimlessly,
appear to daydream, etc.)

After a seizure I ...

(eg. need to sleep, have
problems talking, etc)

My seizures usually last
_____ minutes.

In emergency please contact:

Name: _____

Telephone: _____

My doctor's name and number

Name: _____

Tel. No: _____

fold

My Medication Dose

_____ / _____

_____ / _____

_____ / _____

Allergies

When I have a seizure:

Please do...

(what you would like people to
do)

Please do not....

**Thank you for helping
me!**

fold

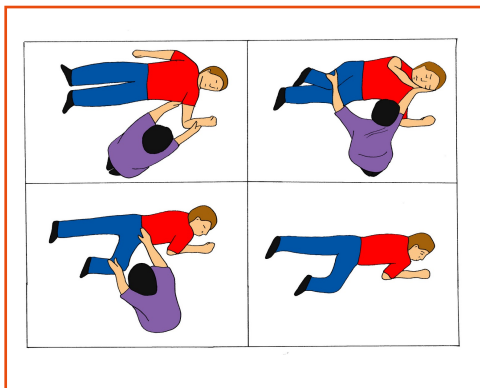
First Aid for Seizures

- Time the seizure any way you
can, from beginning until
movement stops.
- Never put anything in my
mouth
(You could hurt me and I can
not swallow my tongue)
- Don't hold me down or restrict
movement unless you are
moving me away from a
dangerous situation.
- Protect my head with
something soft.
- Please stay with me until I have
recovered

* Only call an ambulance if:

- a seizure lasts longer than 5
minutes.
- the seizure appears different -
(see the notes I made on this
card)
- I stop breathing.
- I am injured.
- if you are unsure what to do.

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



For further
Information.

Epilepsy Namibia (wo292)
P.o. Box 11822,
Klein Windhoek.

Helpline: 081 3226834
email:
namep@epilepsynamibia.org
web:
www.epilepsynamibia.org



Epilepsy Facts

Epilepsy is NOT infectious or contagious
- (*You cannot get it from someone - like a cold or the measles.*)

Epilepsy is NOT a mental illness or psychiatric disorder.

Epilepsy affects people of all levels of intelligence and from all racial and social backgrounds.

Anyone can develop epilepsy at any stage of life.

What people with epilepsy need most is understanding and acceptance from the public.

be
epilepsy
aware

SEIZURE DIARY

Name:

Month:

Week 1 2 3 4 5 6

Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						

Hints for people with epilepsy

Find out as much as you can about epilepsy.

Keep a seizure diary.

Write down date, time and duration of seizure.

Also, what happened before and after the seizure?

Did you feel/do anything out of the ordinary?

When last did you take medication?

Was there an eye-witness who can help describe the seizure?

This is valuable information for your doctor's visits.

Take your medication

Everyday at the same time and the correct intervals.

Talk

to your family, friends and colleagues about your epilepsy. Help them understand epilepsy and how to help you.

I have epilepsy

If I am found unconscious or seem confused it is probably because I have just had a seizure.

Please see the simple first aid instructions inside this card.

Thank you

your photo