


Helping My Buddy

Would you know what to do if your buddy had an epileptic seizure?

Seizure



Your buddy suddenly goes blank



We need to be getting ready for lunch

Repeat any missed information... when they start to feel okay



I think you just had a seizure. Do you feel okay to carry on?

Be calm and reassure

Seizure



Your buddy falls to the floor and starts to shake



If there is a group of you, one person should go and get an adult



One of you stay with your buddy

Be kind



Don't leave your buddy out of games unless they need to rest

If you are unsure, ask



To keep safe I swim with an adult

Your buddy will let you know if there is something they cannot do

It's easy



Just be a good friend

Anyone can develop epilepsy but you can't catch it. People who have it have seizures. There are different kinds of seizures. What happens during a seizure depends where in the brain the seizure happens.