

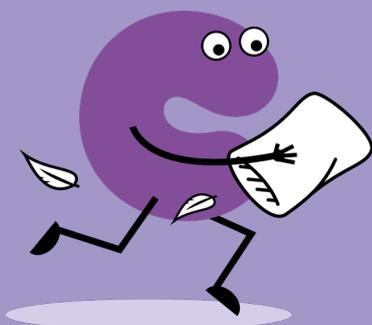
Epilepsy can happen to anyone.

Would you know what to do if you saw someone having a seizure?



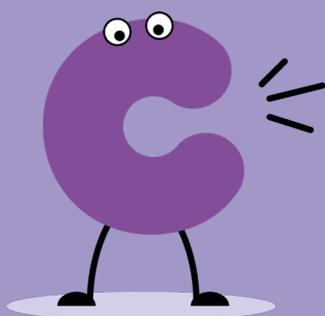
Calm

1. Stay calm and take control of the situation



Cushion

2. Cushion their head with something soft



Call

3. Call an ambulance

Scan to find out more:



Remember the three 'C's

epilepsysociety.org.uk/ccc