

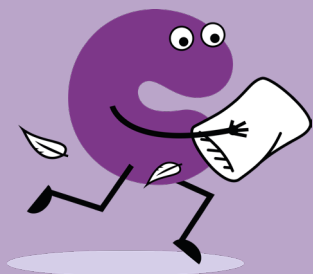
Epilepsy can happen to anyone.

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



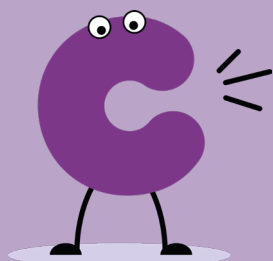
# Calm

1. Stay calm and take control of the situation



# Cushion

2. Cushion their head with something soft



# Call

3. Call for an ambulance

National Epilepsy  
Week 2024

Scan to find out more:



Remember to Calm, Cushion, Call.

[epilepsysociety.org.uk/cc](https://epilepsysociety.org.uk/cc)

Registered charity no.206186