

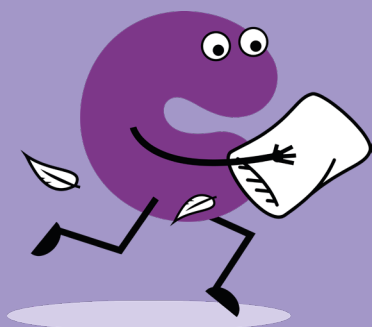
Epilepsy can happen to anyone.

Here's what to do if you see
someone having a seizure.



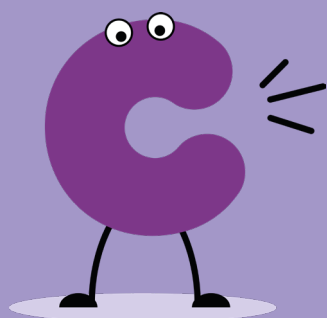
Calm

Stay calm and take
control of the situation



Cushion

Cushion their head
with something soft



Call

Call an ambulance

Scan to find out more:



Remember to Calm, Cushion, Call.
epilepsysociety.org.uk/cc

Registered charity no.206186