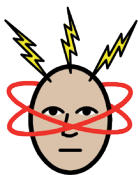
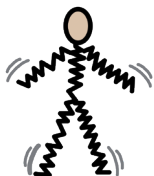




Living with epilepsy



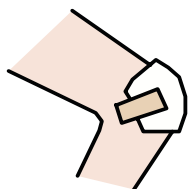
Epilepsy means you have seizures. Seizures are sometimes called fits, blackouts or attacks.



Seizures can happen at any time.



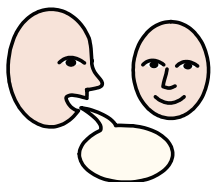
Some people fall over during a seizure.



You can hurt yourself.



A helmet can help to protect your head.



You can talk to your family or carer about how to be safe.



John has fallen over during a seizure and hurt himself.



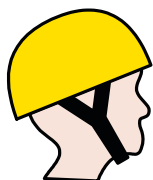
You can do the things you like and be safe.



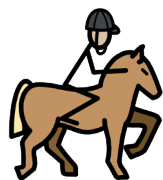
You can play the sports you like and go out with friends.



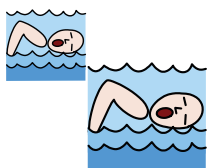
If you ride a bike, go with a friend.



Wear a helmet when you ride your bike.



If you go horse riding, go with a friend and wear a helmet.



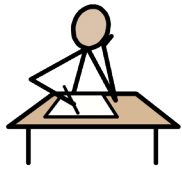
If you swim, go with a friend.



Tell the lifeguard you have epilepsy.



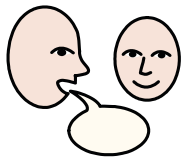
Alex is riding his bike.



Most people with epilepsy can work.



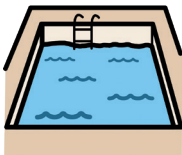
They can do different jobs.



You can tell your boss or workmates you have epilepsy.



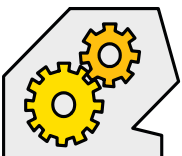
They can help you if you have a seizure at work.



Be very careful near water.



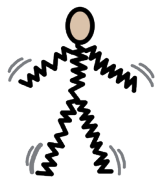
Be very careful near busy roads.



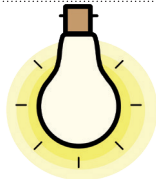
Be very careful near machinery.



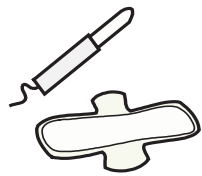
Sarah and her friends are waiting to cross the road safely.



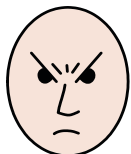
Some things may set off your seizures:



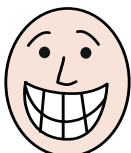
- flashing lights



- your period, if you are a woman



- getting stressed, angry, or upset



- getting excited



- getting tired



- missing your breakfast, lunch or supper



- missing your medication.



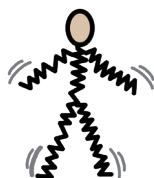
Maya is feeling tired.



You should not drink too much alcohol if you take epilepsy medication.



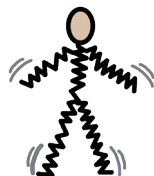
Your doctor may talk to you about this.



Some people have seizures when they have a hangover.



You can have sex if you have epilepsy.



It is very rare to have a seizure when you are having sex.



Some epilepsy medication can affect the way the Pill works.



You can talk to the nurse about safe sex.



Too much alcohol can cause seizures.



Helpline

0300 102 0024

helpline@epilepsysociety.org.uk

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