

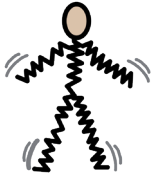


Keeping safe

Safety is important
for everyone.



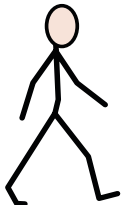
If you have epilepsy you
need to be extra careful.



Seizures (fits) can happen
at any time.



You can be:
- asleep



- walking
- working



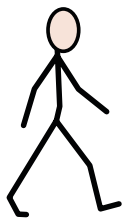
- cooking
- eating



- in the shower.



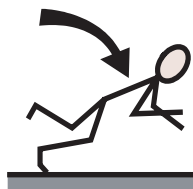
**Ahmed works on his computer
every day.**



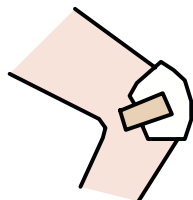
Some people wander around when they have a seizure.



Some people fall out of bed.



Some people fall on the ground.



You can hurt yourself.



You may need to see a doctor.



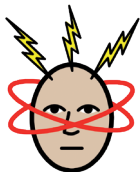
A helmet can help protect your head.



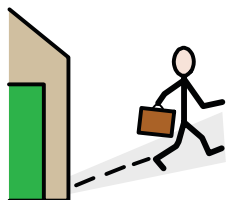
Tom has hurt himself.



Some people wear a special ID bracelet or necklace.



This tells people you have epilepsy.



Tell people where you are going when you leave the house.



Keep your medication away from children.



Don't give your medication to anyone else.

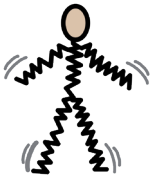


Karen is going out.

In the bathroom:



– having a shower is a good idea



– a shower is safer than a bath if you have a seizure



– you can sit on a chair in the shower



– do not be alone in the house when you have a bath



– do not lock the bathroom door when you have a bath.



A shower with a safety chair.

In the kitchen:



–be careful as you can burn yourself



–you can use a cooker guard when cooking



–turn the pan handles to the side when cooking



– keep all electrical leads out of the way



– you can use a microwave to make food and drinks.



Ben is making a drink in the microwave.



Helpline

0300 102 0024

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