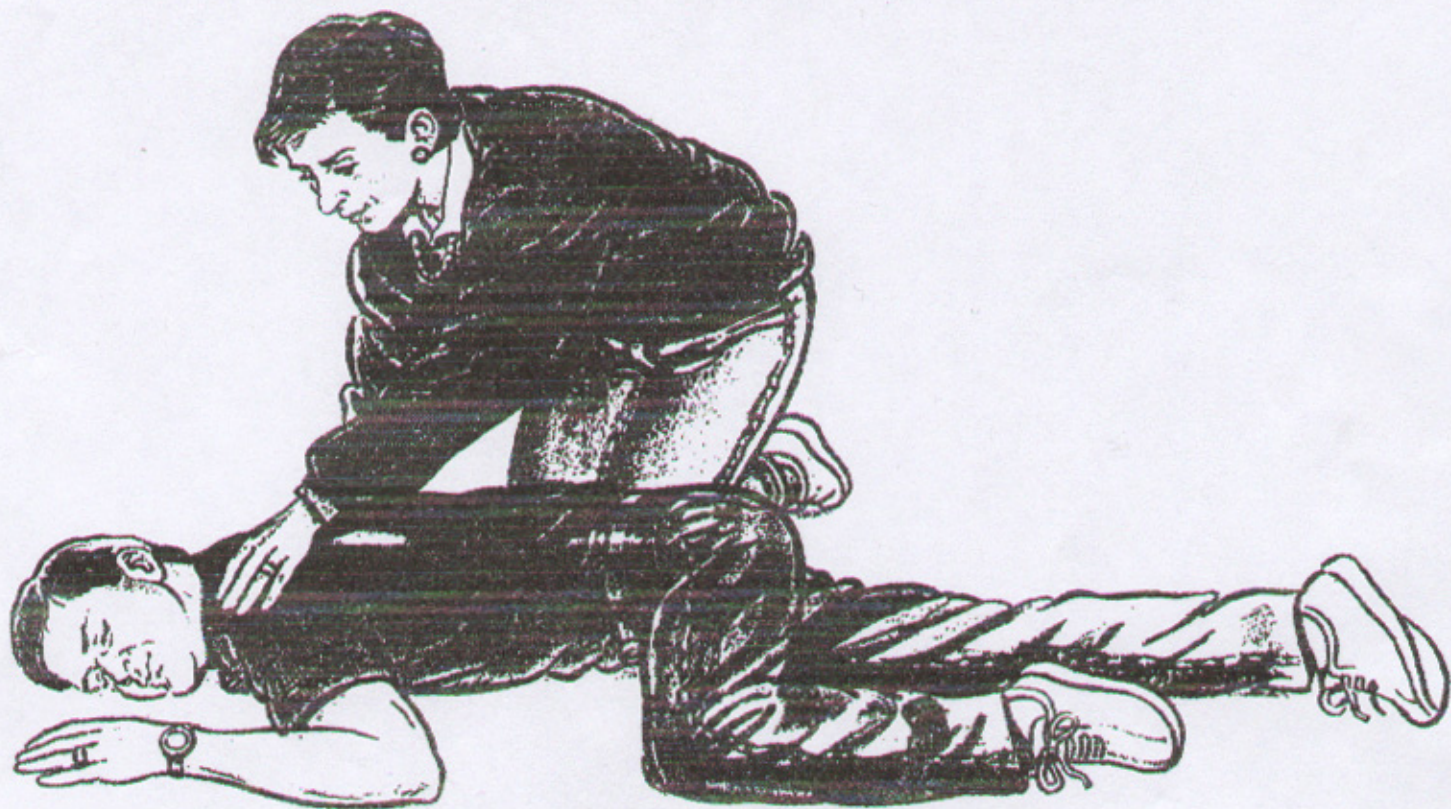


# IF YOUR FRIEND HAD AN EPILEPTIC FIT, WOULD YOU KNOW WHAT TO DO?



**DO** cushion the head – with hands/ forearms if nothing else available.

**DO** turn them over into the above position once it is over – it will help them breathe.

**DO NOT** move them during the fit unless in danger.

**DO NOT** put anything between the teeth.

**DO NOT** restrict their movements.

**DO NOT** leave them until fully recovered.