

“It’s still hard for me to say *epilepsy*.
People have this picture in their minds.”

IF MY TEEN HAS A SEIZURE We appreciate any assistance that you are able to offer. • Protect my teen from nearby hazards. • Protect his or her head from injury with a towel or pillow. • Loosen tie, shirt, collar, or anything tight around the neck. • Turn my teen on one side to keep airway clear and prevent choking. • Do not try to prevent jerking movements or restrain in any way. • Emergency medical care is usually not required if the seizure ends without difficulty. • If convulsive movements last longer than 5 minutes, breathing does not appear normal, or another seizure starts, call 911. • After the seizure ends, please call us at _____.

“The only true disability is
a lack of knowledge.”

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“People ask how do you do it?”

They never ask *what can I do for you?”*

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*“You want your child to be
like every other teenager out there.”*

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