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 ________.
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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.”