

Being a Student with Epilepsy

Educate your teachers

They should:

- Place something soft under your head
- Turn you on your side
- Remain calm
- Expect you to respond slowly after the seizure

It's not a medical emergency

Remind them not to call 9-1-1 unless you are injured during a seizure.

Have a friend help

In case you miss a day or need a second perspective, have a friend take notes for you.

Tell your closest friends

Educate them so they know how to react if you have a seizure.

Know who to contact

It's not a bad idea to share your emergency contact list with your teachers and close friends.

Tips from Advocates:
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