

## Your brain

Your brain is your body's control centre.

It sends and receives messages to and from your body.

- These messages are like tiny electrical signals
- These messages make you move, feel, think and operate almost everything that happens to your body.



## What is epilepsy?

Epilepsy is a disease of the brain. Someone with epilepsy will have sometimes have seizures.

Most people with epilepsy take medicine to help stop the seizures from happening.

## What are seizures?

Seizures happen when electrical signals in the brain they become overexcited the messages get mixed up.

Seizures make the body not to work the way it should, but just for a short time.

## What do seizures look like?

Seizures can cause different things to happen to your body. There are lots of different types of seizures - not everyone has the same kind.

These are some things that might happen:

- You might 'black out' or not know what's happening around you
- You might just stare into space for a few seconds
- Your whole body might jerk or shake without you wanting it to
- You might fall down
- Your muscles may become really stiff
- You might move around as if you were sleep walking
- Things may look, sound, or feel strange to you



When a seizure stops, the brain cells go back to working the right way again. But you may be tired or sore and even feel like sleeping afterwards.

## Epilepsy medicines

Your doctor will give you medicine to take every day to try and stop the seizures happening.

Sometimes not all the seizures can be stopped.

Sometimes medicine can make you feel dizzy, or tired, especially when you first start it. If you feel different or bad, tell your parents or doctor and changes can be made.

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**NATIONAL EPILEPSY LINE**

*Answers for all your epilepsy related questions*

**1300 37 45 37**

**Call:** 1300 37 45 37

**Book Online:** [Click here](#) to book a telehealth or phone appointment with an epilepsy nurse

*Available Australia-wide*



## Being healthy helps stop seizures also

If you have epilepsy, it's always good to be healthy.

- This means getting enough sleep, getting some exercise and eating good food, most of the time.
- If you worry a lot or get stressed, this can make seizures happen. There are ways to help you to relax or be less stressed. There are lots of apps as well. [Smiling Mind](#) or [Positive Penguins](#) are two free ones.

**Being healthy makes your body stronger and can help keep the seizures away**

## Having fun

You should be able to do all the things other children can do like play sports, go to the movies or go swimming, so long as there is someone with you to make sure you are safe in the water.

## Friends

Your friends might not know much about epilepsy, but it's great if they can learn so they are not afraid and can help if you have a seizure. This video might help explain epilepsy to your friends, [click here](#)

You can also tell them...

- you can't catch epilepsy, and no-one can catch it from you,
- epilepsy can be treated with medicine to help stop the seizures,
- epilepsy does not stop you from doing most things you want to do,
- anyone can get epilepsy,
- epilepsy is not a mental illness or something that only happens to disabled people.

# You can help

## What to do if someone has a seizure:

- Stay calm, don't be scared – call an adult and look at the time the seizure started
- Keep the person safe
  - move anything away that might hurt them
  - put something soft under the person's head
- After the seizure, roll the person onto their side if you can
- Stay with the person after the seizure stops and talk calmly to them.
  - *Do not* hold the person down
  - *Do not* put anything in the person's mouth

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**3 most important things to remember if a seizure happens**

- 1. Stay with the person**
- 2. Keep them safe**
- 3. Get an adult**



**Dial 000 to call an ambulance if:**

- You are not sure about what to do
- The person is injured or hurt
- The seizure happens in water
- The person cannot breathe properly
- The seizure lasts longer than five minutes.

An adult will probably decide if you need to call an ambulance.

## Extra information

### [Epilepsy First Aid](#)

**Jumo Health:** [Understanding Epilepsy Video](#) (animated)

[Seizure Smart Schools](#) for your school

[Kids Help Line:](#) 1800 55 1800

Animated Seizure First-Aid video for Children

