

Your Personal Information Cards

Fill them out and give one to your **teacher, coach, child minder/baby sitter** and anyone else who may be with you when you have a seizure. **These cards help others know what to do and who to call in case you have a seizure.**

Information for :

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(Put the name of your teacher, coach, baby sitter, or anyone else who might be with you when you have a seizure. Then give this card to them so they will know what to do.)

My name is :

.....

What to look for when I have a seizure _____

Signs I'm having a seizure :

■ BLANK STARING

■ SHAKING

■ CHEWING

■ CONFUSED SPEECH

■ FUMBLING

■

■ WANDERING

■

When to seek help :

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Where to reach my parents/carer _____

■ Home phone(s):

■ Parents' mobile phone(s):

■ Pager number(s):

■ If you can't reach my parents/carer call:

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In case of a medical emergency _____

- Doctor's name:
- Doctor's phone:
- Hospital/Surgery information:
- Name of my condition:
- Medicine(s) I am taking:
- I am allergic to:

What to do until help arrives _____

- **Speak calmly** to reassure me
- Do not put anything in my mouth
- Remove any objects that could be dangerous
- Roll me on my side (recovery position)
- A single seizure is usually not dangerous!
It will normally cease of its own accord
- If it lasts more than 5 minutes, call a doctor

Other important information _____

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