

# Kid's Questions about epilepsy

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1 in every 200 Aussie School kids live with epilepsy



## What is Epilepsy?

Epilepsy is a brain condition. It causes the messages in the brain to become confused. This can cause a person with epilepsy to have a seizure. Not everyone that has a seizure will have epilepsy.



## What is a seizure?

Everybody's seizures look different. Sometimes people will shake and fall to the ground. Some people will go very quiet and still. Often people do not know that they are having a seizure.



## What if my friend has epilepsy?

Be kind. Your friend might be worried they will have a seizure at school and that no one will know what to do. They could be scared to tell you they have epilepsy. Your friend might take medicine, sometimes the medicine can make kids tired or upset.



### How can I help?

During a seizure, stay with your friend  
Send someone to get a teacher  
Learn seizure first aid  
After a seizure just be a good friend



### Can I catch epilepsy?

NO. You can not catch epilepsy from anyone.

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