

“The blackout in my head lasts only a little while.”

Lea John




My epileptic seizures are short – helping is easy:

Protect me from injury
Put something soft under my head
Don't put anything between my teeth
Stay with me

Only call 144 if I'm injured or if the convulsions last longer than 3 minutes.

Find out more at epi.ch



 Swiss League against Epilepsy
 Ligue Suisse contre l'Epilepsie
 Schweizerische Epilepsie-Liga