



**“The
storm in
my head
blows over
quickly.”**

Nadja Brönnimann

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

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