



**“The  
chaos in  
my head  
doesn’t  
last very  
long.”**

Thomas Jud

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](http://epi.ch)



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

SWISSLOS  
Kanton Aargau

BASEL  
LANDSCHAFT  
SWISSLOS

SWISSLOS-Fonds  
Basel-Stadt

Lotteriefonds  
KANTON LUZERN  
SWISSLOS

SWISSLOS  
Lotteriefonds Kanton Schwyz

SWISSLOS  
Lotteriefonds des  
Kantons Solothurn

Thurgau  
Lotteriefonds



Unterstützt vom  
Kanton Zug



Kanton Zürich  
Lotteriefonds

DR. STEPHAN A. PORTA-STIFTUNG

Repubblica e Cantone  
Tessin  
DECS  
SWISSLOS

LOTTERIE  
ROMANDE