

## Frome Shed – I have Epilepsy Card

I have Epilepsy
<b>About me</b>
My name is:
My contact number is:
<b>In an emergency please call</b>
Name:
Contact number:
<b>This is what usually happens to me in a seizure:</b>
My seizures usually last for <input type="text"/> minutes
It takes me <input type="text"/> minutes to recover
If I am having a seizure you can help me by:
<i>Most people do not come to any harm during a seizure or need to go to hospital or see a doctor.</i>
<b>Please dial 999 for an ambulance if:</b>
<ul style="list-style-type: none"><li>• I have injured myself during the seizure;</li><li>• I have trouble breathing after the seizure;</li><li>• my seizure lasts for longer than <b>5 minutes</b>; or</li><li>• I have one seizure after another without recovering.</li></ul>

## Frome Shed – Non-Epileptic Attacks Card

I have Non-Epileptic Attacks (NEAs)
<b>About me</b>
My name is:
My contact number is:
<b>In an emergency please call</b>
Name:
Contact number:
<b>This is what usually happens to me in a seizure:</b>
My seizures usually last for <input type="text"/> minutes
It takes me <input type="text"/> minutes to recover
If I am having a seizure you can help me by:
<i>Most people do not come to any harm during a seizure or need to go to hospital or see a doctor.</i>
<b>Please dial 999 for an ambulance if:</b>
<ul style="list-style-type: none"><li>• I have injured myself during the seizure;</li><li>• I have trouble breathing after the seizure;</li><li>• my seizure lasts for longer than <b>5 minutes</b>; or</li><li>• I have one seizure after another without recovering.</li></ul>

## Health and safety risk assessment

Some questions that might come up during a health and safety risk assessment:

What happens to you when you have a seizure?

Are your seizures controlled?

How often do you have seizures?

Do they happen at a particular time of day?

Do you have them when you are awake, asleep, or both?

Is there anything that makes your seizures more likely, such as lack of sleep, tiredness, stress, hormonal changes, flashing or flickering lights or patterns?

Do you get a warning before a seizure?

Do you have medication to take should you experience a seizure ?

How long do your seizures last?

How do you feel afterwards?

How long does it take you to recover?

Do you need any first aid/specific care during/ following a seizure?

How can we help should you have a seizure ?

### **Reference:**

Epilepsy in the Workplace

<https://www.tuc.org.uk/sites/default/files/EpilepsyInTheWorkplace.pdf>