



Epilepsy

Epilepsy is a brain disorder that causes people to have more than one seizure.



Seizures can look like many things:

Generalized seizures can make someone:

- Cry out
- Pass out
- Fall
- Have muscle jerks or spasms
- Blink quickly
- Stare into space

Partial seizures can make someone:

- Twitch
- Smell or taste something strange
- Confused or dazed

Ways to lower the risk of epilepsy:

Follow the advice your doctor gives you to stay healthy during pregnancy.

Wear your seatbelt, practice safe bike riding, and follow other safety rules to prevent brain injuries.

Eat a healthy diet and exercise to prevent heart disease and strokes.

Stay up-to-date on your vaccinations to prevent infections that sometimes lead to epilepsy.

Hand-washing and safe food preparation lower the risk of diseases that can cause epilepsy.

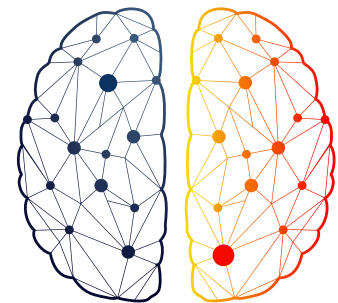
According to the Centers for Disease Control and Prevention (CDC.gov)

There are different types of seizures:

Focal seizures

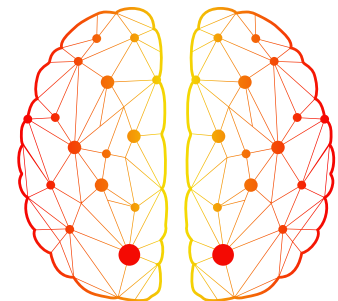
(also called Partial seizures)

Affect only one part of the brain.



Generalized seizures

Affect both sides of your brain.



IF A SEIZURE LASTS FOR MORE THAN FIVE MINUTES, CALL 9-1-1.