



Clare Pelham
Chief Executive
Epilepsy Society

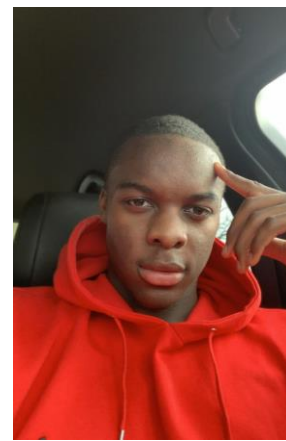
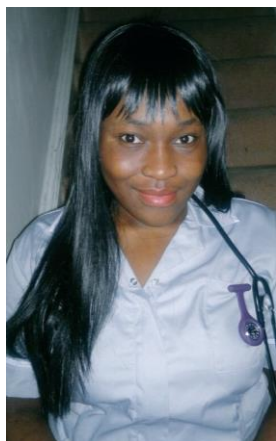
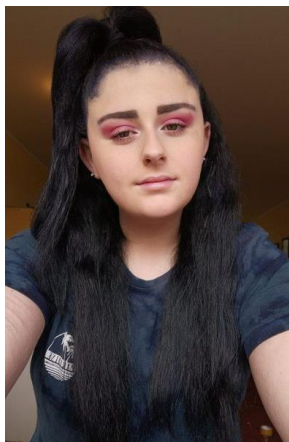
**National Association of Local Councils
Health and Well-being Week**

30 October 2020

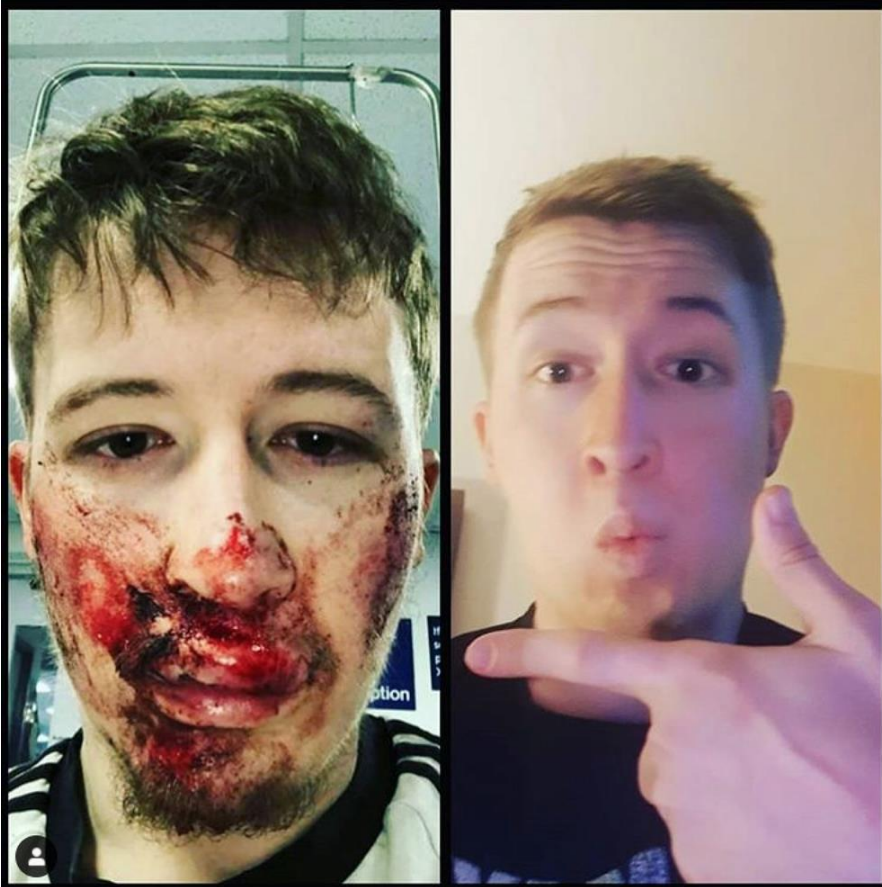
Idris Elba



#DoILookEpileptic



Injuries caused by a seizure



Remember the 3 'C's and be #seizuresavvy

epilepsy
society

Remember the 3 'C's and
make sure you're #seizuresavvy



Calm

1. Stay calm and take control of the situation



Cushion

2. Cushion their head with something soft



Call

3. Call an ambulance if it lasts longer than five minutes

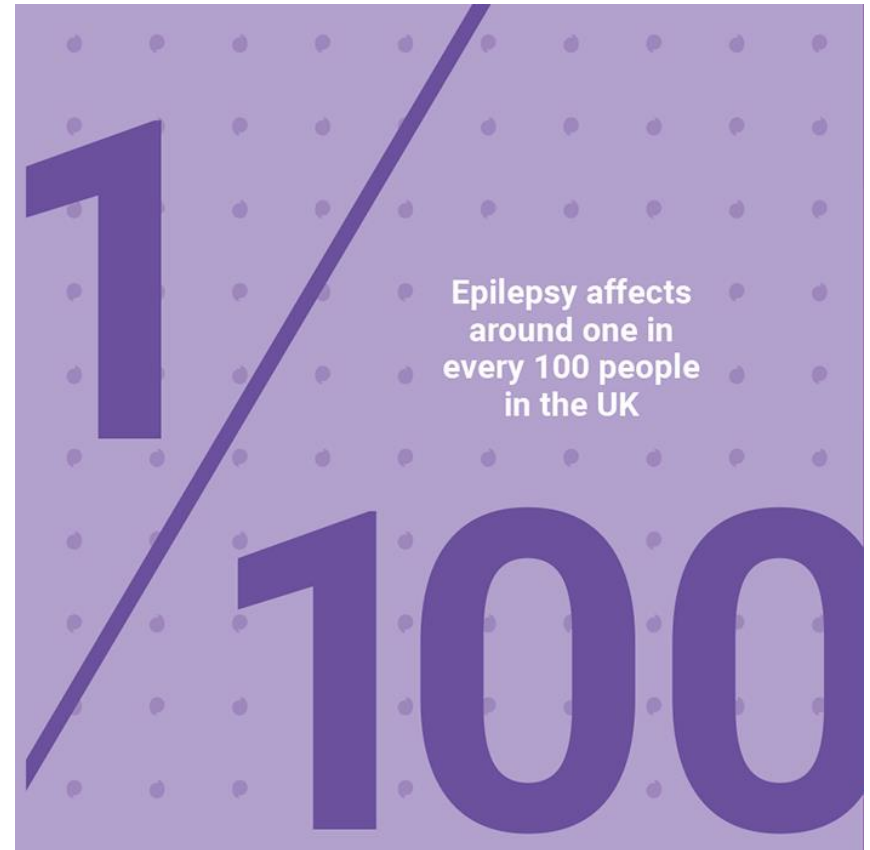
seizuresavvy.org.uk

epilepsy
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Training

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epilepsysociety.org.uk/epilepsy-training





Be more **Idris**