

Lastly, ensure that your child<sup>6,8,9</sup>



Swims or perform water sports under adult supervision



Have a proper sleep schedule



Takes a shower instead of a bath



Receives medicines on time and as directed



Seizures can be controlled with appropriate treatment.<sup>10</sup>

Up to 70% of individuals living with epilepsy could become seizure-free with the appropriate use of antiseizure medicines.<sup>10</sup>

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# Epilepsy

## IN CHILDREN



Globally, more than **291 MILLION CHILDREN** have epilepsy.<sup>1</sup>



**NEARLY 3 CHILDREN** in every **1000** suffer from epilepsy in India.<sup>2</sup>

**Some form of epilepsies occurs only in children, in such a case<sup>3,4</sup>**

- ✓ Your child might space out, become blank, or lose their alertness
- ✓ Your child can also experience a seizure during a fever, often from an infection. During this time, these symptoms can occur:

**Stiffening in the body**  
**Loss of consciousness**

**Twitching in the arms & legs**  
**They may wet or soil themselves**

**You may also notice these symptoms in your child<sup>5</sup>**

- ✓ Staring
- ✓ Rapid eye blinking
- ✓ Jerking movements of hands or legs
- ✓ Nodding head rhythmically
- ✓ Falling suddenly
- ✓ Breathing problems
- ✓ Looking confused
- ✓ Loss of bowel control
- ✓ Not responding to noise for brief periods

**After an episode of seizure, your child may feel sleepy or confused.<sup>5</sup>**

**What can you do when your child has a seizure?<sup>6</sup>**

Stay with your child until they regain their consciousness entirely

Stay calm because you cannot stop a seizure

Do not try to stop the movements that occur during a seizure

**Understand what triggers epilepsy in your child and try to avoid them<sup>3,7,8</sup>**



Flashing bright lights



Sleep deprivation



Nutritional deficiencies or dehydration



Hunger



Illness (with/without fever)



Missed medications

**Keep a record of the following when your child has a seizure<sup>6,8</sup>**



- ✓ When did the seizure happen?
- ✓ What happened right before the seizure (any triggers)?
- ✓ What happened during and after the seizure?
- ✓ How long did the seizure last?

**In addition, record the video during a seizure so that your child's doctor can review**