

# In case of a seizure:

**DO**

move my head to the side and place something soft under it.

**Don't**

place anything in my mouth.

**Don't**

try to restrain me.

**DO**

move sharp objects out of my way.



**I have epilepsy.  
I'm not an epileptic.  
I'd like to tell you more.  
Just follow the steps below.**

**To make the poster come alive:**

**Step 1: Download the free Layar App for iPhone or Android.  
[www.layar.com/download](http://www.layar.com/download)**

**Step 2: Open App. Point phone at poster. Tap Scan. Enjoy!**



Available on the  
**App Store**

Get it on  
**Google play**