

To Whom It May Concern:

My child, _____, has epilepsy and may experience partial-onset seizures (POS).

The signs and symptoms of POS can be difficult to spot and may include:

- Stiffness of the arms and/or legs
- Repetitive behavior, like lip smacking or pulling at clothes
- Loss of consciousness
- Fumbling of the hands or shuffling of the feet
- Confusion following cessation of seizure
- Exhaustion following cessation of seizure

Most common symptoms for my child include:

What TO DO in case of a seizure:

- Stay calm
- Turn them on their side if they are lying down
- Remove any harmful objects and prevent injury
- Loosen any tight clothing around the neck
- Make sure they are comfortable
- Stay with them until the seizure is over

Call 911 if:

- They stop breathing
- They are injured
- The seizure happens in water
- The seizure lasts longer than 5 minutes
- Another seizure starts before he/she regains consciousness
- If you have any other reason to feel you cannot handle the situation on your own

In case of an emergency, please contact:


Contact name

Relationship to child

Phone number

For more information about partial-onset seizures and seizure first aid, visit the Epilepsy Foundation at epilepsy.com.



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