

Quiz

Get
Seizure
Smart



EPILEPSY
FOUNDATION®

GetSeizureSmart.org

IT'S NATIONAL EPILEPSY
AWARENESS MONTH

Visit

GetSeizureSmart.org

to

Get the Facts

Get Motivated

Get the Stuff

Get Connected &

Get Seizure Smart!

1. What is epilepsy?

- a) Head injury
- b) Stroke
- c) Mental Illness
- d) Recurring Seizures

2. What is a seizure?

- a) Your heart stopping
- b) Abnormal electrical discharges in the brain
- c) Involuntary movement and convulsing
- d) Falling on the ground

3. When a person is having a seizure, you should put this in their mouth:

- a) Spoon
- b) Tongue depressor
- c) Finger
- d) You should *never* put something in the mouth of a person having a seizure

4. Epilepsy can be treated with:

- a) A special diet
- b) Medication
- c) Surgery
- d) All of the above

5. What is a sign or symptom of a seizure?

- a) Jerking and convulsing
- b) Staring
- c) Picking at clothes
- d) All of the above

6. What should you do if you see someone having a seizure?

- a) Shake the person
- b) Give them liquids or medication
- c) Gently direct the person away from hazards and remove sharp objects that may present danger
- d) Put something in their mouth

7. What will you do to get people seizure smart?

- a) Hand out the *Get Seizure Smart* quiz to everyone in your community
- b) Tweet out every day on Twitter to get your friends to take the *Get Seizure Smart* quiz
- c) Write a letter to the editor of your newspaper about epilepsy and seizures during National Epilepsy Awareness Month
- d) All of the above