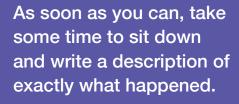


Keeping records of possible seizures





Head movements



Make a note of...







Medication given



Changes in breathing



Movements of the arms and legs





Changes in skin colour



How long it takes for the person to fully recover

Changes in how the person responds to you





Don't forget to write down the exact times and dates.



You should also write down what the person was doing before the episode started and where it happened.