

AVOIDING SEIZURES



For people with epilepsy, certain things are known to increase the risk of having seizures. These are called seizure triggers.

When people know that something could result in a seizure, they can try to avoid it. For example, if a person with epilepsy doesn't get enough sleep, they may be more likely to have a seizure.

It is important for people with epilepsy to:

- Always take their **MEDICATION** as prescribed by their doctor
- Get enough **SLEEP**
- Not miss **MEALS**
- Avoid situations that cause too much **STRESS**
- Avoid flickering **LIGHTS** from computers or television if they have a certain type of epilepsy known as **PHOTOSENSITIVE** epilepsy

Find the highlighted words above in the Word Search

Words can be found printed up, down, diagonally, across, or even backwards!

L	A	D	C	C	A	N	V	M	O	I	M	T	J	Z
U	S	L	A	E	M	Z	Y	T	L	E	E	U	J	C
X	T	J	D	B	D	Y	D	Z	D	L	O	U	Y	T
X	R	T	M	Y	A	O	N	I	O	O	Y	S	M	Y
P	E	E	L	S	V	P	C	V	K	S	Z	I	W	S
N	S	Q	H	H	D	A	Z	S	X	Z	U	G	T	F
W	S	O	A	D	T	R	D	J	K	F	W	H	Z	S
X	J	N	H	I	Z	G	M	R	O	L	G	V	T	F
L	P	H	O	T	O	S	E	N	S	I	T	I	V	E
G	N	N	V	H	N	F	N	J	L	Z	X	I	Z	I



ANSWER KEY



L A D C C A N V M O I M T J Z
U S L A E M Z Y T L E E U J C
X T J D B D Y D Z D L O U Y T
X R T M Y A O N I O O Y S M Y
P E E L S V P C V K S Z I W S
N S Q H H D A Z S X Z U G T F
W S O A D T R D J K F W H Z S
X J N H I Z G M R O L G V T F
L P H O T O S E N S I T I V E
G N N V H N F N J L Z X I Z I