

# I'm not drunk

I'm having a seizure



There are as many myths about epilepsy as types of seizure.  
Some can make people appear drunk or confused.



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# Don't hold me down

when I'm having a seizure



There are as many myths about epilepsy as types of seizure.  
Never restrain someone who's having a seizure.



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# The last thing I need is a spoon when I'm having a seizure



There are as many myths about epilepsy as types of seizure.  
When someone is having a seizure, don't put anything in their mouth.



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# Flashing lights

won't affect 97% of us



There are as many myths about epilepsy as types of seizure.  
Only 3% of people with epilepsy are affected by flashing lights.



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