

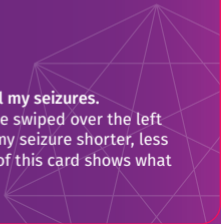
**My name is \_\_\_\_\_**

**I have epilepsy. You can help me if I'm having a seizure by:**

- Staying with me and keeping calm
- Moving objects away to make space around me
- Placing something soft underneath my head
- Please don't put anything in my mouth

**I have a vagus nerve stimulator device to help control my seizures.**

Please look for my VNS Therapy™ magnet - this can be swiped over the left side of my chest in a crossing motion. It might make my seizure shorter, less severe or improve my recovery afterwards. The back of this card shows what my magnet looks like.





VNS Therapy™ Magnet



Swipe the magnet over my left chest for 1-2 seconds in a cross-pattern motion.

**If my seizure continues for over 5 minutes, please call the emergency services.**