

# Taking Anti-Seizure Medicine in Public



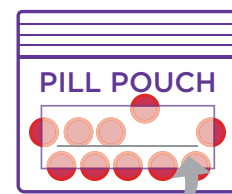
People may choose not to share their epilepsy diagnosis or the fact they need to take anti-seizure medicine with others. Some people may not know how to talk to friends, teachers or coworkers about having epilepsy. For these reasons there may be times when they decide to skip taking medicine.

Please do not skip a dose of medicine. Missing medicine can bring big risks. Instead, work on finding ways to take your medicine in private and practice telling others why you need to take it. Only share what feels comfortable.

## How to Take Your Anti-Seizure Medicine in a Way That is Less Public

### How to carry your anti-seizure medicine:

- Use a pill box that attaches to your keychain
- Use a small plastic pill pouch and carry it in your wallet, purse or backpack
- Put stickers on your medicine bottles or pill cases - make them your own!



*Insert your reminder message*



### Taking anti-seizure medicine:

- If you're out or at a friend's house, go to the bathroom to take your medicine
- If you're at school, ask to take medicine in the nurse's office



## Some Ideas of What to Say When Someone Asks, "Why Are You Taking Medicine?"

- "I take medicine because I have epilepsy. Medicine helps my seizures."
- "It's private."
- "My doctor says I have to take medicine."
- "My medication helps my brain stay healthy."
- "Epilepsy is like asthma; it does not spread between people. I just need medication to stay healthy."
- Use it as a way to help others learn. Say, "I have epilepsy and 1 in 26 people will get epilepsy during their life."



# Taking Anti-Seizure Medicine in Public

CONTINUED



Write out what you would say when someone asks, “Why are you taking medicine?”

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**Now practice your answer until it feels natural!**

\*If you need more help with feeling embarrassed because of your epilepsy and/or taking medicine, please talk to your doctor or nurse.