

# Epilepsy quiz

Use your new knowledge of epilepsy to answer these questions!



1. How many children and young people aged 18 and under have epilepsy in the UK?

- a) 56,000
- b) 63,400
- c) 65,000



2. Epilepsy is caused by a problem in the ..... that can sometimes stop the body from working the way it should.

- a) Arms and legs
- b) Brain
- c) Eyes



3. You can catch epilepsy from someone if they cough or sneeze on you.

- a) True
- b) False

4. A seizure is...

- a) A sudden, uncontrolled burst of electricity in the brain that causes it to become muddled for a short time
- b) When the brain of somebody with epilepsy shuts down for a short time

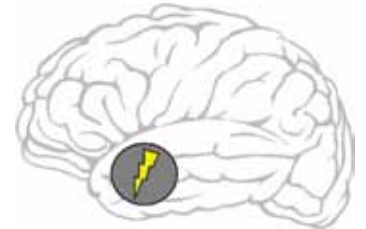
5. A seizure that suddenly makes the person stop what they are doing and look as though they are daydreaming for a few seconds is called:

- a) A tonic clonic seizure
- b) An absence seizure
- c) An atonic seizure



6. The person can stop how their body is behaving during a seizure if they concentrate really hard.

- a) True
- b) False



7. Seizures that only make part of the brain become muddled are called:

- a) Generalised seizures
- b) Focal seizures

8. After how many minutes should you call an ambulance if a tonic clonic seizure (when someone's body suddenly stiffens and then begins to shake or jerk) has not stopped?

- a) 3 minutes
- b) 5 minutes
- c) 10 minutes

9. Which of the following should you NOT do during a seizure to help someone?

- a) Cushion their head
- b) Time how long the seizure lasts for
- c) Hold them down
- d) Speak to them during the seizure



10. Which of the following is a good way to behave if someone is having a seizure and already being helped by other people?

- a) Crowd around and watch
- b) Point and stare
- c) Keep back and give them some space
- d) Cry

11. A disadvantage of taking epilepsy medicine is:

- a) They increase the number of seizures a person has
- b) They make the person's tongue go blue
- c) They can make the person feel dizzy, sick and tired





12. Which of the following is not necessary to help keep someone with epilepsy safe when they go swimming?

- a) Tell the lifeguard about their epilepsy
- b) Make them wear armbands
- c) Go with someone who knows about their epilepsy and what to do if they have a seizure

13. Young people with epilepsy are often left out of activities because others are worried they will have a seizure.

- a) True
- b) False

14. Out of every 100 people with epilepsy, how many are more likely to have a seizure if they are exposed to flashing lights?

- a) 5
- b) 25
- c) 50
- d) 100 (all of them)



15. It is against the law to discriminate against somebody because of their epilepsy.

- a) True
- b) False

16. Young people with epilepsy are more likely to have seizures if they are active.

- a) True
- b) False

