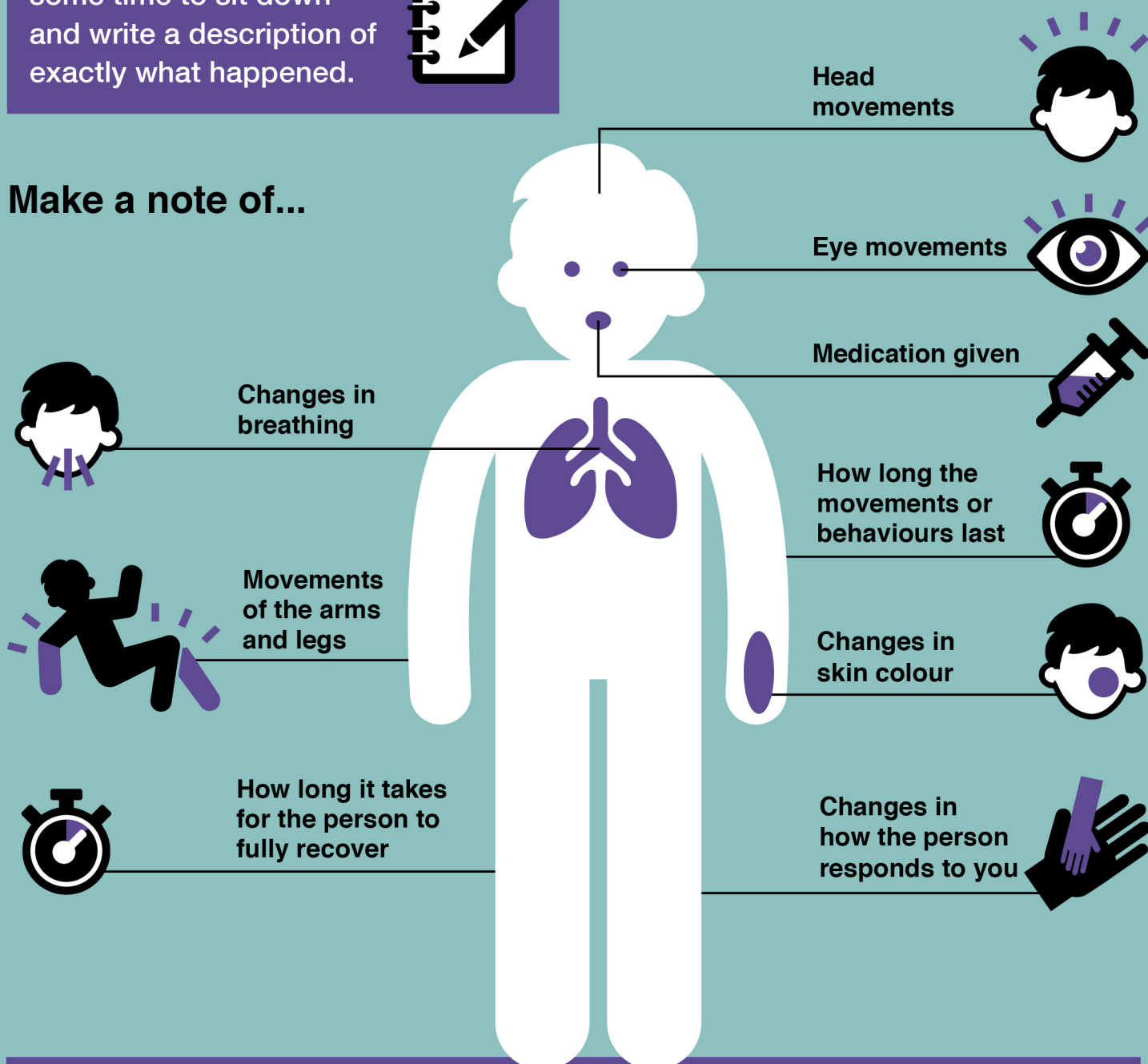


Keeping records of possible seizures

As soon as you can, take some time to sit down and write a description of exactly what happened.



Make a note of...



Don't forget to write down the exact times and dates.



You should also write down what the person was doing before the episode started and where it happened.