**Instructions for people living with epilepsy during the COVI19 lockdown period:**

Our country is fighting with COVID 19 pandemic and announced lockdown for 21days. This led to closure of outpatient services in all the Hospitals including NIMHANS**.** People living epilepsy constitutes 30% of neurological outpatient services and their continuity care is affected due to lockdown. In this regard we are providing few suggestions for these needy people.

1. All the patients on regular follow up, with well controlled epilepsy need to continue same medication till you consult your doctor in follow up at NIMHANS
2. Patients with recurrence of seizures/ side effects of drugs on medication can consult local physician/neurologist for optimization of medication
3. Women in childbearing age on antiseizure medications, are requested to take necessary steps to avoid pregnancy.
4. Patients with seizure emergencies (recurrent seizures without gaining consciousness in the same day i.e status epilepticus/ drug toxicity/ allergy) may visit nearest emergency service.
5. Patients who have appointment for EEG, Video EEG & MEG can call the respective labs (EEG/VEEG lab:08026995448, MEG lab: 08026995843) to confirm the availability.
6. Patients visiting NIMHANS for free medication are requested to make alternative arrangements to ensure compliance.
7. Patients can contact by email to [hodneurologynimhans@gmail.com](mailto:hodneurologynimhans@gmail.com) for any other clarifications with their name and hospital number.