Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before.

Anyone who has had a seizure, loss of awareness, or other symptom linked to an epileptic condition should consult a doctor before playing a video game.

Parents should watch their children play video games. Stop playing and consult a doctor if you or your child has any of the following symptoms:

- Convulsions
- Eye or muscle twitching
- Loss of awareness
- Altered vision
- Involuntary movements
- Disorientation

To reduce the likelihood of a seizure when playing video games:

- Sit or stand as far from the screen as possible.
- Play video games on the smallest available television screen.
- Do not play if you are tired or need sleep.
- Play in a well-lit room.
- Take a 10 to 15 minute break every hour.

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**Health and Safety Information**

**WARNING - Seizures**

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**WARNING - Repetitive Motion Injuries and Eyestrain**

Playing video games can make your muscles, joints, skin or eyes hurt. Follow these instructions to avoid problems such as tendinitis, carpal tunnel syndrome, skin irritation or eyestrain:

- Avoid excessive play. Parents should monitor their children for appropriate play.
- Take a 10 to 15 minute break every hour, even if you don’t think you need it.
- If you have any pain, strain or discomfort, stop playing immediately.
- If you continue to have any of the above symptoms or other discomfort during or after play, stop playing and see a doctor.

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**WARNING - Electric Shock**

To avoid electric shock when you use this system:

- Do not use the Wii during a lightning storm. There may be a risk of electric shock from lightning.
- Use only the AC Adapter that comes with your system.
- Do not use the AC Adapter if it has damaged, split or broken cords or wires.
- Make sure the AC Adapter cord is fully inserted into the wall outlet or extension cord.
- Always carefully disconnect all plugs by pushing on the plug and not on the cord. Make sure the Wii power button is turned OFF before removing the AC Adapter cord from an outlet.

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**WARNING - Radio Frequency Interference**

The Wii console and Wii Remote can emit radio waves that can affect the operation of nearby electronics, including cardiac pacemakers.

- Do not operate the Wii console or remote within 9 inches of a pacemaker.
- If you have a pacemaker or other implanted medical device, do not use the Wii console or remote without first consulting your doctor or the manufacturer of your medical device.

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**CAUTION - Laser Device**

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**CAUTION - Motion Sickness**

Playing video games can cause motion sickness in some players. If you or your child feel dizzy or nauseous when playing video games, stop playing and rest. Do not drive or engage in other demanding activity until you feel better.

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**NOTE:** This product does not contain latex. This product complies with applicable laws banning the use of toxic materials such as lead, mercury, cadmium, hexavalent chromium, PBB or PBDE in consumer products.