

What your friend  
with PANDAS/PANS  
wants you to know!



**PANDAS NETWORK**  
ADVOCACY, SUPPORT & RESEARCH FOR PANDAS, PANS, AE

- PANDAS/PANS is an autoimmune disease, and it affects the way my brain works. I'm not contagious.
- I may have OCD, which means sometimes I might wash my hands a lot, or need to constantly check things.
- I might have struggles with anxiety, which sometimes makes it hard for me to leave the house.
- I might have tics, so sometimes my brain tells my body to make certain movements like blinking my eyes or shrugging my shoulders, or sometimes to make certain noises.
- I may struggle with being able to control my emotions, so sometimes I may feel sad or angry.
- School is sometimes more challenging, especially things like math and writing.

Mostly, I just want you to be my friend.