MANAGING EPILEPSY & SEIZURES
Facts to Help Keep You Safe

Communication is key for others to help you

Work with your doctor to understand your risks and make a plan

Get answers to these questions:

What type of seizures (or epilepsy) do I have?

How can I prevent future seizures?

What should I do if I forget to take my medicines?

What is my risk of sudden unexpected death in epilepsy (SUDEP)?

What should I do if I have another seizure?

What are common side effects of my medicines?

If my medicines aren’t working, what other treatment options do I have?

Connect with others who live with epilepsy and seizures

You aren’t alone—your local Epilepsy Foundation can connect you with supportive people and services.

Depression affects up to 5 in 10 people with epilepsy and seizures at some time. If you think you may be depressed, talk with your doctor.

Talk to your family, friends, co-workers, and teachers

The key to keeping yourself safe is to let other people know how to help if you have a seizure.

So, be brave and start a conversation!

If you’re depressed, talk to your doctor

You may have depression if:

• You feel sad for more than 2 weeks.

• You feel like you’re never going to feel better.

• You feel no longer like yourself.

Tell them to call 911 if:

• Your seizures lasting more than 5 minutes.

• You have another seizure right after the 1st one.

• You are pregnant.

• You have diabetes or a serious illness.

Make a Seizure Response Plan with your family, friends, co-workers & teachers

Tell the 911 dispatcher:

• The person who is seizures.

• The address where the person is seizures.

• Any known medical information about the person.

• Preventing injury to the person.

Targets to keep in mind:

• You can prevent serious injury.

• You can prevent injury to the person.

• You can help the person get medical care quickly.

Make your home safer

In the kitchen:

Use non-breakable dishes.

Use non-slip floors and liquid.

Consider a child-safe alarm monitor or carrying a mobile phone as seizures happen.

In the bathroom:

Take a shower instead of a bath.

In case of seizures and assisted deaths, people with epilepsy

Take a towel and other furniture.

Know the location of the bathroom.

In the bedroom:

Keep the bed away from walls, night tables and other sharp or hard objects.

Rely on edges of tables and other surfaces.

Don’t use kerosene appliances or power tools when you’re alone.

In the house:

Avoid all sharp objects.

Around the house:

Always pack medicines in your carry-on luggage.

Travel safely

Pack extra medicines in case of delays.

Travel with someone who is aware and can help you if needed.

Always wear your medical alert bracelet.

Take your medicine on time, every day—exact as prescribed.

People whose seizures aren’t controlled have an almost 40 times higher risk of death than those whose epilepsy is under control.

Take Action

You’ll Feel More In Control

Create & share your own seizure response plan

Get your doctor’s input and share it with your family, friends, co-workers, and teachers.

Keep a health diary of seizures, test results and questions for your doctors.

Take your medicines on time, every day—exact as prescribed.

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Take Action

You’ll Feel More In Control

Visit www.epilepsy.com or call 800.332.1000 to learn more about support and services in your area.

Source: Information and statistics are based on data from the Centers for Disease Control and Prevention | www.cdc.gov/epilepsy