



## *Information for You from Your Health Care Team*

### **Safety and Seizures**

Most seizures will not hurt you. But you can get hurt if you have seizures in certain places. Just a few simple changes can help you be safe and lead an active life.

#### **Safety Everyday**

- Make sure everyone in the family knows what to do when you have a seizure .
- Wear a medical I.D. bracelet or necklace that says you have epilepsy.
- Take your medicine on time every day.
- Try to get enough sleep.
- Don't drink a lot of alcohol or use illegal drugs. Both can cause seizures.
- If you have a warning before a seizure, lie down on your side in a soft place.
- Carry a cell phone or beeper in case you need help.

#### **In The Bathroom**

- Hang bathroom doors so they open out instead of in. Your family will be able to open the door if you have a seizure and fall against it.
- Leave the bathroom door unlocked so people can get in to help if you have a seizure.
- Check that the shower drain is working. You don't want to fall into a pool of water. A shower tub seat with a safety strap may help, too. Non-skid strips in the tub make standing safer.
- Check how hot the water is when you shower or bathe. Don't set it so hot that it could burn you if you blacked out while the watering is running.

#### **Safety on the Road**

- Don't drive unless you have a valid driver's license.
- Don't drive if you've been having seizures.
- If you can't drive because you're still having seizures, see if there is a special bus or taxi services for people with disabilities.
- If you choose to ride a bike, protect yourself with a helmet, knee and elbow pads. Keep to the side of the road as much as possible.
- If you are waiting for a bus or subway train, stand back from the road or the edge of the subway platform so you don't get hurt if you fall.

- If you have seizures often and can't get around any other way, a taxi may be the best choice. Your safety is worth the extra cost.
- Stay away from long, steep escalators.
- Take an elevator instead.

**Safety for Kids: When a child has seizures**

- Use a baby monitor. It can help you hear if your child has a seizure in their room.
- If your child has seizures of any kind, stay away from bunk beds. A seizure in a top bunk could cause a child to fall.
- If your child has a drop seizure, a helmet and face guard may keep him safe from being hurt.
- When friends or family watch your child, post a list of first aid tips where they're easy to see. Put them on the refrigerator, or by the phone, or in the playroom.
- Make sure you send the list with your child when he has a sleepover, too. People feel better when they know what to do.

**Speak Up If You Have Any Questions or Concerns**

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