



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.