

SAFETY AT HOME



- Cook with a partner.
- Use a microwave for most cooking
- Use back burners on stove, if microwaving is not an option.
- Use non-breakable dishes and cutlery .
- Use caution with hot foods and liquids.



- Set bathroom door to open outward so that someone can get in should have a fall and block the door
- Don't lock the door. Instead, hang an "In Use" sign on the door handle.
- Take a shower instead of a bath
- Use a rubber mat or add non-slip strips to the tub or shower floor.
- Use a fabric shower curtain or safety glass for showers.



- Consider using a seizure alert monitor or sharing a room so others can hear if a seizure happens.
- Move your bed away from walls, night tables, and other sharp or hard objects.



- Pad hard edges of tables and other furniture.
- Keep walkways and floors clear of cords, tools, and toys.
- Don't use kitchen appliances or power tools when you're alone.

PLAN AHEAD

CREATE A SEIZURE RESPONSE PLAN

Make a Seizure Response Plan with your family, friends, co-workers, and teachers. Talk about the areas or activities that could be dangerous for you.

LET OTHERS KNOW TO CALL 911 IF:

- Your seizure lasts more than 5 minutes
- You have another seizure right after the first one
- You have a seizure in water
- You get hurt in some way
- You are not breathing normally after a seizure
- You have diabetes or a serious illness
- You are pregnant

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RESOURCES



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LOVE



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SOLUTIONS

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www.epilepsyalliancefl.com



EPILEPSY & SEIZURE SAFETY

Facts to Help Keep You Safe



Visit
www.epilepsyalliancefl.com
for more information on
programs and services,
digital resources, and
upcoming events.

COMMUNICATION

Communication is key for others to help you.

Get answers to questions like these:



What type of seizures or epilepsy do I have?

What should I do if I have another seizure?



How can I prevent future seizures?

What are common side effects of my medication?



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

What are my options if my medications are not working?



What is my risk of Sudden Unexpected Death in Epilepsy (SUDEP)?

Each year, SUDEP occurs in about 1 out of every 1,000 individuals diagnosed with epilepsy. Some are at a higher risk than others. To lower your risk, work with your doctor to create a seizure management plan that leads to as few seizures as possible.



LET'S TALK ABOUT IT!

Talk about it with family, friends, co-workers, and teachers. The best way to keep yourself safe is to let others know how to help if you have a seizure. So, be brave and start a conversation.

CONNECT WITH OUR COMMUNITY

Connect with others who live with epilepsy and seizures. You are not alone! Your local Epilepsy Alliance Florida office can connect you with supportive people and services. Check out our upcoming events for virtual support group information.

FEELING DOWN?

Depression is not uncommon for people with epilepsy and seizures. At some point, you may become depressed. Perhaps, you're feeling like nothing you do is right or you're not enjoying the things that you used to. It's important to talk with your doctor if you feel like you're struggling.

RECREATION

A few changes go a long way! When it comes to recreation and sports, make sure to always use **the Buddy System** and wear protective equipment. Wearing medical identification and having a Seizure Action Plan in your wallet helps others stay informed and prepared.

LIFESTYLE

Managing your lifestyle is an important part of dealing with epilepsy. **Did you know that fatigue from lack of sleep is one of the most common seizure triggers?** Disrupted sleep can make the brain more vulnerable to misfire.



LIFETSYLE TIPS

- Get enough rest and sleep
- Reduce and manage stress
- Make sure you take your medication
- Drink plenty of water
- Maintain a diet rich in vegetables and low in carbohydrates
- Talk with your doctor about an exercise program that is right for you
- Take regular breaks from television viewing and screen time
- Limit alcohol and stay away from drugs
- Keep a seizure diary

FEMALE HEALTH

Women with epilepsy face special challenges. Hormonal changes can cause some women to have more seizures during their period. There are also special concerns with pregnancy. Talk to your doctor about these concerns and if you are planning on getting pregnant.