

# Tips For People Who Have Seizures

- It is important that medicine prescribed by your doctor be taken as ordered. **DO NOT** skip any medicine or stop it without being told to do so by your doctor.
- When your medicine bottle is almost empty, make sure you have it re-filled before it is empty.
- Avoid stress and sudden stimulation. Lack of sleep, emotional upset, alcohol and increased physical stress may cause seizures that are otherwise controlled.
- Report signs and symptoms of illness to your doctor when they appear i.e. fever, chills, cough, sinusitis, etc.
- If seizure activity occurs, turn the person onto their side and protect them from injury. **NEVER** try to restrain or hold the person down with force.
- Keep a record of day and time when seizures occur and activity/events that occurred before the seizure began.
- Plan to see your doctor on a regular schedule for check-ups.
- For your protection, wear an emergency identification bracelet.