

# Seizure Action Plan

Seizures are hard to predict. This may make you feel like you have little control over your seizures, your health issue or your life. Luckily, you can do many things to control your seizures and improve your total health.

## Green Zone: Go



- You are feeling well and not having seizures
- You take your medicine as your doctor told you
- You follow up with your doctor and/or specialist often
- Keep your normal routine

## Yellow Zone: Caution



- You miss a dose of medicine
- You miss a visit with your doctor and/or specialist
- You are not getting enough sleep or are feeling stressed
- You have vision changes or feeling an aura
- Keep your treatment plan, but tell your doctor if you have these symptoms or you notice any changes

## Red Zone: Danger



- You missed more than one dose of your medicine
- You had a seizure or are having status epilepticus (nonstop seizure events)
- Call your doctor. Call 911 or go to the emergency room if you cannot reach your doctor

## Tips to Help You Control Seizures:

- ▶ **Take Your Medicine as Your Doctor Told You** - Missing a dose is the biggest cause of seizures. Talk to your doctor if you have reactions or can't pay for your medicine. Your doctor will help you find something that works for you
- ▶ **Get Enough Sleep** - Not getting enough sleep can also cause seizures. It impacts your mood, mental function and many other parts of your health. Talk to your doctor if you are having a hard time falling or staying asleep or if you feel tired during the day
- ▶ **Reduce Stress** - Stress can trigger seizures. High stress levels can lead to heart disease, immune dysfunction, depression and many other health problems. Learn and practice relaxation and stress management techniques to reduce stress. Ask your doctor for ways to cut stress. If that isn't enough, a mental health professional may be needed
- ▶ **Keep a Seizure Diary** - Tracking your seizures can help you and your doctor manage your health issue. Write down how you felt and what happened before, during and after each seizure. This helps find triggers, patterns and warning signs. Knowing your triggers helps you avoid them. Finding patterns and warnings helps your doctor to change your treatment plan and helps you know what to expect and avoid seizures
- ▶ **Make a Seizure Response Plan** - Work with your doctor to make a seizure response plan. This plan should list what types of seizures you have, how to react to each and give info on seizure first aid and aftercare if needed. It should also note your triggers, medicines, who to call if you have a seizure and when to call 911. Train those who may be around you when you have a seizure to follow this plan.
- ▶ **Plan for Safety** - People who have seizures often are at higher risk for injury and death from many causes such as status epilepticus, sudden unexplained death, car accidents, drowning and falls. Talking to your doctor and those around you can help ensure your safety. A safety review of your home and your daily routines can also help you to reduce risks.