



**Go to your nearest
Emergency Department
if you have any of the
following:**

- seizure lasts longer than 5 minutes
- multiple seizures without getting better in between
- seizure and a fever
- seizure causes another injury (example: patient fell and hit their head during seizure)

**Call your family doctor
or Neurologist if you
have any of the
following:**

- an increase in number of seizures or the seizure is different than previous seizures
- any medication concerns or changes

**For 24 hour professional
health advice and
information, call:**



Factors that may increase risk of a seizure

- lack of sleep or fatigue
- poor diet or low blood sugar
- stress
- drinking alcohol or using recreational drugs
- illness or fever
- hormonal changes (menstruation or pregnancy)
- not taking anti-seizure medication
- flashing lights or patterns.

Pre-seizure safety precautions

- stay away from heights, ladders, and ledges to decrease risk of falls
- wear a medical alert bracelet
- use handrails on stairs
- wear supportive footwear
- ensure environment is free of clutter
- exercise in moderation
- keep a seizure log to record when and where seizures occur—write down what body parts are moving, possible triggers, and length of seizure

If you witness a seizure

- remain calm, stay with the patient and call for help
- if possible, turn the patient on their side
- do not try to stop patient from moving (do not restrain)
- clear the area to prevent injury
- do not place anything in their mouth
- make note of the time and how long the seizure lasts

