Communication is key for others to help you

Work with your doctor to understand your risks and make a plan

Get answers to these questions:
- What is my risk of Sudden Unexpected Death in Epilepsy (SUDEP)?
- How can I prevent future seizures?
- What should I do if I have another seizure?
- What are common side effects of my medicines?
- If my medicines aren't working, what other treatment options do I have?
- What should I do if I forget to take my medicine?
- What type of seizures (or epilepsy) do I have?

Get a copy of Epilepsy Foundation's (EFD's) Seizure Essentials Guide.

Make a Seizure Response Plan with your family, friends, co-workers & teachers

- Talk about it with family, friends, co-workers and teachers
- The best way to keep yourself safe is to let other people know how to help if you have a seizure
- So, be brave and start a conversation!
- If you're depressed, talk to your doctor
- You may have depression if:
  - Life feels like a struggle
  - You feel as if nothing you do is right
  - Things you used to enjoy are no longer enjoyable

Talk about the areas or activities that could be dangerous for you

- In the kitchen:
  - Use the microwave for most cooking
  - Use non-breakable dishes
  - Take a shower instead of a bath
  - Install a rubber mat or non-skid strips on the tub or shower floor
  - Use caution with hot foods and liquids
  - Cook with a partner

- In the bathroom:
  - Use non-breakable dishes
  - Take a shower instead of a bath
  - Install a rubber mat or non-skid strips on the tub or shower floor
  - Use caution with hot foods and liquids

- In the bedroom:
  - Keep walkways and floors clear of cords, tools and toys
  - Don't use kitchen appliances or power tools when you're alone
  - Avoid sharp or hard objects in the bedroom
  - Pad hard edges of tables and other furniture

- In the house:
  - Move your bed away from walls, night tables and other sharp or hard objects

- Around the house:
  - Don't use kitchen appliances or power tools when you're alone
  - Avoid sharp or hard objects

- In the kitchen:
  - Use non-breakable dishes
  - Take a shower instead of a bath
  - Install a rubber mat or non-skid strips on the tub or shower floor
  - Use caution with hot foods and liquids
  - Cook with a partner

- In the bedroom:
  - Keep walkways and floors clear of cords, tools and toys
  - Don't use kitchen appliances or power tools when you're alone
  - Avoid sharp or hard objects in the bedroom

Consider writing a seizure description to share with family, friends, co-workers and teachers

- my seizure lasts more than 5 minutes
- I have another seizure right after my first one
- I'm pregnant
- I have diabetics or a serious disease

SUDEP happens most often after the seizure is over.

SUDEP happens more often within the first 24 hours after a seizure.

SUDEP is the most common cause of accidental death for people with epilepsy or seizures.

Connect with others who live with epilepsy and seizures

- You aren't alone—your local Epilepsy Foundation can connect you with supportive people and services

Depression affects up to 5 in 10 people with epilepsy and seizures at some time. If you think you may be depressed, talk with your doctor.

- You don't start breathing normally after a seizure
- You get hurt in some way
- You have a seizure in water
- Your seizure lasts more than 5 minutes
- You have another seizure right after your first one
- Your seizures are dangerous
- You're pregnant
- You have diabetics or a serious disease

Consider using a seizure alert monitor or sharing a room so others can hear if a seizure happens

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- So, be brave and start a conversation!
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- You may have depression if:
  - Life feels like a struggle
  - You feel as if nothing you do is right
  - Things you used to enjoy are no longer enjoyable

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People whose seizures aren't controlled have an almost 40 times higher risk of death than those whose epilepsy is under control.