



# Seizure Water Safety

## DON'T LET EPILEPSY KEEP YOU OUT OF THE WATER!

Take appropriate safety measures and balance the risk with how epilepsy affects you

### BEST PLACES TO SWIM

Opt for outside lanes and clear waters to make it easier to see swimmers and assist them in case of an emergency.

### CONSULT YOUR DOCTOR

Discuss if swimming and/or other water activities are right for you.

### NEVER SWIM ALONE

Always swim with a lifeguard present, and at least one competent adult swimmer should watch one swimmer with epilepsy (1:1 ratio) and be able to pull them out if needed.

### WEAR BRIGHT GEAR

Wear brightly colored swim gear, including swim caps. **Avoid** colors that blend in with the water, such as **white or blue**.

### KNOW HOW TO SWIM!

Knowing how to swim makes other activities on the water safer (boating, fishing, etc.)

### AVOID GETTING TOO TIRED

Be sure to manage your energy, especially when you are getting ready to swim!



**STAY HYDRATED**

**WEAR A LIFE VEST**



**WEAR SUNGLASSES**

### A SEIZURE IN THE WATER IS ALWAYS A MEDICAL EMERGENCY!

Be realistic about the possible risks for the water sport you are considering. **Remember to call 9-1-1**



Thank you to Epilepsy Services of New Jersey and Valley Children's Healthcare for this content.