

HOLIDAY SAFETY CHECKLIST FOR FAMILIES WITH EPILEPSY



National Community • Local Solutions

NAVIGATING THE HOLIDAYS WITH CONFIDENCE

The holiday season is a time of joy, connection, and celebration, but for families managing epilepsy, it can also bring unique challenges. Between the flurry of activities, changes in routines, and the excitement of gatherings, it's natural to feel a mix of excitement and concern.

That's why we've created this Holiday Safety Checklist for Families with Epilepsy—to help you navigate the season with confidence and ease. Packed with practical tips and thoughtful advice, this guide is designed to reduce stress and ensure safety, so you can focus on making cherished memories with your loved ones.

Remember, you're not alone in this journey. We're here to support you every step of the way, wishing you a safe, happy, and joyful holiday season!

PREVENTING SEIZURES DURING HOLIDAY STRESS



Stick to Regular Routines:

Maintain consistent sleep schedules and prioritize rest to avoid fatigue, a common seizure trigger.



Build in Downtime:

Avoid over-scheduling activities and allow time to recharge between events.



Stay Hydrated and Eat Well:

Keep yourself and your loved ones energized and balanced with proper hydration and nutritious meals.



Manage Environmental Triggers:

- Limit exposure to loud noises or overstimulating environments.
- Be mindful of flashing lights on Christmas trees, home decorations, or light displays, as they can trigger seizures in individuals with photosensitivity. Alert family members and hosts about this sensitivity and ask for adjustments if needed, such as avoiding flashing or strobe settings on lights.

SEIZURE RESPONSE IN THE EVENT OF A SEIZURE:

- 1 Turn the person gently on their side
- 2 Remove hard or sharp objects/glasses
- 3 Use something soft under their head
- 4 Stay calm and stay with the person
- 5 Time the seizure

NEVER RESTRAIN THE PERSON OR
PUT SOMETHING IN THEIR MOUTH

⚠️ CALL 911 WHEN:

- It is a first time seizure
- It is a new type of seizure for the person
- Seizure lasts more than 5 minutes
- Seizures happen back to back
- Seizure happens along with another injury
- Person has diabetes or is pregnant
- Seizure happens in water



MEDICATION MANAGEMENT WHILE TRAVELING



Pack Extra Medication:

Prepare for potential travel delays by bringing more medication than you think you'll need.



Use Original Containers:

Keep medications in their original packaging with prescriptions clearly labeled to avoid confusion.



Stay on Schedule:

Create a travel-friendly medication schedule to ensure doses are taken on time, even across time zones.



Carry a Medication List:

Bring a detailed list of medications and dosages in case of an emergency or refill needs.

EMERGENCY CONTACTS AND MEDICAL IDS



Prepare Contact Information:

Share emergency contact details with hosts or caregivers to ensure they know who to call in case of an emergency.



Wear Medical IDs:

Encourage the use of medical ID bracelets or smartphone apps that provide critical health information at a glance.

EDUCATING FAMILY AND FRIENDS ABOUT EPILEPSY



Start Positive Conversations:

Share talking points about epilepsy in a calm and informative way to reduce stigma and build understanding.



Teach Simple Ways to Help:

Equip others with basic seizure first aid knowledge, emphasizing the importance of staying calm and supportive if a seizure occurs.