



Disaster Preparedness for Persons with Epilepsy

If you have epilepsy, keep yourself safe and teach others how to help you. You can do the following to get ready:

- Keep your medications with you at all times. When you leave your house, carry a three-day supply of your medications in a safe and waterproof container. This prevents you from missing a dose if you are away from your home.
- Taking your medications on time can help prevent seizures. If you miss just one dose of medication, you increase your risk of having a seizure(s).
- Ask your health provider how to make up for a missed dose of your medication.
- Wear a medical alert bracelet or carry other identification with you. In case you have a seizure while in an emergency shelter, first responders will know how to better assist you during your seizure.
- Talk with people now (such as your family, friends, neighbors, co-workers, and school personnel) and teach them how to help you if you have a seizure.
- Keep a list of your medications, insurance information, and important phone numbers handy, including your health care provider and pharmacy.
- If possible, learn what triggers your seizures. For some people with epilepsy, seizures can be caused by triggers including flashing lights, sounds, lack of sleep, or stress. Talk with your health care provider about your seizure triggers and how you might avoid them during a crisis.
- Visit FLGetAPlan.com to learn more about how to prepare yourself, your family, and your pets in the event of an emergency and develop an individual disaster plan.

Source: Centers for Disease Control and Prevention, <http://www.cdc.gov/epilepsy/emergency/>

Developed by the Florida Department of Health Bureau of Preparedness and Response and the Bureau of Chronic Disease Prevention – Epilepsy Program.