

## **Epilepsy Apartment Safety Tips**

**What:** Pad the floors with carpeting or area rugs. Choose furniture with upholstered arms.

**Why:** This will result in fewer injuries if you have regular generalized seizures.

**What:** Lower the temperature on the water heater or install a scald protection in the shower. Cover radiators or other heat sources in the bathroom.

**Why:** This will reduce the chance of serious burns from seizures in your apartment.

**What:** Use microwave ovens and kitchen timers for most cooking.

**Why:** Microwave ovens turn themselves off automatically and timers alert you that food is finished. Both reduce burned food and ruined pans.

**What:** When entertaining use tea lights in glass candleholders instead of open candles.

**Why:** They stay cooler and are less likely to burn someone if forgotten.

**What:** Use back burners on the kitchen or stove or long mitt style potholders.

**Why:** It will be harder to accidentally burn yourself in the kitchen.

**What:** If you wander during partial complex seizures use the safety chain on your apartment door or put a chair against it at night.

**Why:** Safety chains make it harder to walk into the hallway during a seizure.

**What:** Drink liquids and soups lukewarm instead of very hot.

**Why:** Spills will be less likely to cause serious burns.

**What:** Prepare recipes in "lumped" activities – i.e. all chopping done at once to shorten time with a sharp knife. Buy grated cheese and other pre-cut foods.

**Why:** Reduced chance of injury while cooking.

**What:** Buy and store food in non-glass containers. Use break resistant dishes.

**Why:** Attention and concentration difficulties can lead to more broken glass.

**What:** Keep floors and pathways free of clutter.

**Why:** Clothes and papers on the floor are natural trip hazards during seizures.

**What:** Give someone you trust a copy of your apartment key.

**Why:** In an emergency they can make sure you are ok.