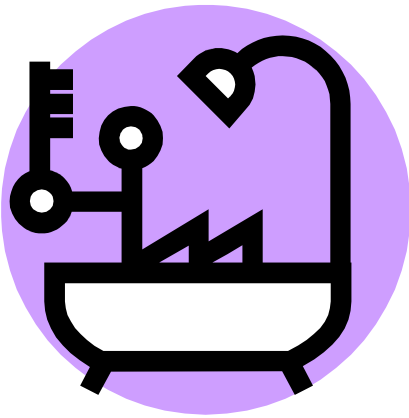


# SEIZURE ALERT

Drowning from a seizure in a bathtub represents a small, but potentially preventable, proportion of all deaths by drowning.



## SIX SIMPLE RULES WILL HELP PROTECT PEOPLE WHO HAVE SEIZURES WHILE BATHING:

- 1. Encourage showers** - use a shower chair for those who cannot stand.
  - All people who have seizures (regardless of the level of control over their condition) should be encouraged to take showers while sitting instead of baths.
  - A strap can be beneficial in holding people in their chairs.
  - Hand-held shower sprays are great for comfortable showering.
- 2. If someone must have a tub bath, make sure the water level is low** (no more than 5 inches maximum).
- 3. If the person has a seizure disorder that is not well controlled, do not leave them alone.**
- 4. Always keep the bathroom door open and unlocked.**

5. **Never use electrical appliances** such as a hair dryer, curling iron, or electric razor in the bathroom or near the water.
6. Encourage people never to shower or bathe at a time when **no one else is in the house.**

**YOU CAN PROTECT SOMEONE  
AND STILL ALLOW PRIVACY:**

- Be present in the shower room, but not looking directly at the person unless asked to do so.
- Maintain a verbal conversation during the bath time from outside the open, unlocked door.
- Use an "engaged" sign to alert surprise visitors.
- Ask for written permission to use a monitor to have someone listen for any signs of seizure distress.



**SOME PEOPLE HAVE SPECIAL BATHING  
OR SHOWERING PLANS THAT **MUST**  
BE FOLLOWED:**

- **If you are a paid provider**, read the person's individual support plan and learn how the person is to be supported during a seizure. If the plan is not clear, inform your supervisor and ask for documented instruction.
- **If you are a parent**, talk to your doctor and get shower or bathing instructions.

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- **If you are an adult with a seizure disorder,** learn what you need to do to protect yourself while bathing or showering.