Seizure Action Plan

Fill it in with your doctor, then share it with the people around you.



WHY IT HELPS

During a seizure, the people around you need to know what to do. A plan made with your doctor shows what your seizures look like, the steps to follow and when to call for help. Keep a copy at home, at school or work, and with anyone who looks after you.

FOUR SMALL STEPS

Describe	Write what your seizures look like, in plain words.
Agree	Go through it with your doctor or nurse and add their steps.
Share	Give a copy to family, school, work and caregivers.
Update	Review it whenever your seizures or medicines change.

WHAT IS INSIDE

Example
A filled plan to show you how.

My plan
Two pages to fill in with your doctor.

Seizure record
What happened each time, and for how long.

Keeping it current
Who has a copy and what changed.

Make it with your care team. Fill in what you know at home. Then finish the steps, the medicine and when to call 911 with your doctor or nurse, and sign it together.

CareClinic

EXAMPLE SEIZURE ACTION PLAN · MY PLAN

NAME
Jordan Ellis

DATE OF BIRTH
March 3, 2009

PHOTO

PLAN MADE ON
May 4, 2026

REVIEW BY
November 2026

MADE WITH
Dr. Ana Ruiz, neurology

1 What my seizures look like

In words anyone can follow

SEIZURE TYPE	WHAT YOU WILL SEE	USUALLY LASTS	HOW OFTEN
Focal aware	Stares, lips smack, right hand fumbles	1 to 2 min	About twice a month
Tonic clonic	Goes stiff, falls, jerks all over	2 to 3 min	A few times a year

2 What to do during a seizure

Steps from my doctor or nurse

1. Stay with me and stay calm
2. Move hard or sharp things away from me
3. Put something soft under my head
4. Gently roll me onto my side
5. Let me rest, and tell me what happened

3 Rescue medicine

Only if my doctor prescribed one

MEDICINE
None prescribed right now

DOSE

HOW TO GIVE IT

WHEN TO GIVE IT

WHO CAN GIVE IT

CALL 911 (OR YOUR LOCAL EMERGENCY NUMBER) IF

As agreed with my doctor or nurse.

- I am hurt, or have trouble breathing after
- It happens in water
- Another seizure starts before I recover

WHO TO CALL

Family, school or work, and my doctor.

Lisa Ellis, mom	(555) 014-2290
Sam Ellis, dad	(555) 014-7731
Coach Rivera, school	(555) 016-4400
Dr. Ana Ruiz	(555) 013-8800

NAME

DATE OF BIRTH

PHOTO

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1 What my seizures look like

In words anyone can follow

SEIZURE TYPE	WHAT YOU WILL SEE	USUALLY LASTS	HOW OFTEN

2 What to do during a seizure

Steps from my doctor or nurse

1

2

3

4

5

3 Rescue medicine

Only if my doctor prescribed one

MEDICINE

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HOW TO GIVE IT

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CALL 911 (OR YOUR LOCAL EMERGENCY NUMBER) IF

As agreed with my doctor or nurse.

WHO TO CALL

Family, school or work, and my doctor.

More about me

The second page of my plan. It helps people know me, not only my seizures.

NAME

1 Triggers and warning signs

What can set off a seizure for me

Missed medicine | Poor sleep | Stress | Illness or fever | Flashing lights | My period

Other

SIGNS A SEIZURE MAY BE COMING

2 After a seizure

How I usually feel

3 What helps me recover

4 My daily medicines

Copy them from the labels

MEDICINE	DOSE	WHEN I TAKE IT

5 At school, work or home

What I need from the people around me

SIGNED BY ME OR MY PARENT

DATE

SIGNED BY MY DOCTOR OR NURSE

DATE

Seizure record

Write down each seizure. It helps your doctor see if your plan is working.

NAME

DATE	TIME	WHAT HAPPENED	HOW LONG	RESCUE MEDICINE	NOTES, TRIGGERS, RECOVERY
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				☐	
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Keeping my plan current

Use this page before each review, so everyone has the latest version.

1 Who has a copy

Swap in the new version after each change

PERSON OR PLACE	DATE GIVEN	PLAN DATED

2 What changed since my last review

Tick all that apply

New medicine | Dose change | New seizure type | More seizures | Fewer seizures | New school or job

FOR MY NEXT APPOINTMENT

Questions or changes to raise with my doctor, nurse or care team.