



## REMINDER

### Seizures and Bathing

#### Description of Issue and Importance

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

#### Recommended Action and Prevention Strategy

- 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 therapist prescribed seat belt can be beneficial in providing stability for people in their shower chairs.
  - Hand-held shower sprays are great for comfortable showering.
- If an individual must have a tub bath, make sure the water level is low--no more than five (5) inches maximum.
- If the individual has a seizure disorder that is not well controlled, do not leave them alone.
- Always keep the bathroom door open and unlocked.
- Never use electrical appliances such as a hair dryer, curling iron, or electric razor in the bathroom or near the water.
- Encourage individuals never to shower or bathe at a time when no one else is in the house.

### References

*Centers for Disease Control and Prevention. Unintentional drowning: Get the facts. Retrieved 10/12/2015 from:*

*<http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>*

*Epilepsy Foundation. Taking seizure precautions. Retrieved 10/12/2015 from:*

*<http://www.epilepsy.com/article/2015/5/taking-seizure-precautions>*