

These resources are provided for information purposes only.

## Remain Calm, Stay Safe, Be Prepared: Developing and Implementing a Seizure Action Plan

### A REPORT FROM THE INSTITUTE OF MEDICINE

- Epilepsy Across the Spectrum: Promoting Health and Understanding:  
[www.iom.edu/Reports/2012/Epilepsy-Across-the-Spectrum.aspx](http://www.iom.edu/Reports/2012/Epilepsy-Across-the-Spectrum.aspx)

### ORGANIZATIONS

- American Epilepsy Society: [www.aesnet.org](http://www.aesnet.org)
- Centers for Disease Control and Prevention: Epilepsy: [www.cdc.gov/epilepsy](http://www.cdc.gov/epilepsy)
- Citizens United for Research in Epilepsy: [www.cureepilepsy.org/home.asp](http://www.cureepilepsy.org/home.asp)
- Epilepsy Foundation: [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)

### Sample Seizure Action Plans

- My Seizure Plan: [www.epilepsy.com/sites/core/files/atoms/files/myseizureplan.pdf](http://www.epilepsy.com/sites/core/files/atoms/files/myseizureplan.pdf)
- Seizure Action Plan for School-aged Children from the Epilepsy Foundation:  
[epilepsy.prod.acquia-sites.com/sites/core/files/atoms/files/seizure-action-plan-pdf\\_0.pdf](http://epilepsy.prod.acquia-sites.com/sites/core/files/atoms/files/seizure-action-plan-pdf_0.pdf)

### Seizure Diary

- My Epilepsy Diary:  
[www.epilepsy.com/release/2014/3/epilepsycom-launches-new-iphone-app-help-people-epilepsy-manage-seizures-symptoms-and](http://www.epilepsy.com/release/2014/3/epilepsycom-launches-new-iphone-app-help-people-epilepsy-manage-seizures-symptoms-and)  
*A new Seizure Diary will launch in late 2015, with the ability to track not only routine medications, but also rescue medications*
- International League Against Epilepsy: [www.ilae-epilepsy.org](http://www.ilae-epilepsy.org)
- National Institute of Neurological Disorders and Stroke: [www.ninds.nih.gov/disorders/epilepsy/epilepsy.htm](http://www.ninds.nih.gov/disorders/epilepsy/epilepsy.htm)