

What I noticed

Use everyday words; you do not need to name the seizure. Mark estimates clearly. Write 'not seen' if the beginning was missed, and 'unknown' when unsure.

Help first, notes later. Follow the prescribed action plan. Call 911 in the U.S. for a first known seizure, one reaching 5 minutes, another soon after (especially without recovery), or trouble breathing/waking. These are examples; see first aid for the full emergency guidance.

1 Time and setting

Date	Start time	Event length (estimate?)	Where / what I was doing

2 Before / first change

First feeling or change; relevant illness, sleep or medicine timing. A pattern is not proof of a cause.

3 During the event

What happened, in order? Sensations, speech, staring, movement, breathing/color; which body parts?

4 Memory and response

What do you remember? What happened when someone spoke to you? Note differences from your usual self.

5 Recovery and help

When did it stop; when were you back to usual? Confusion, sleepiness, pain, injury, help or rescue medicine?

6 Witness and follow-up

Keep a witness's firsthand account separate from your memory. Add their account and one care-team question.

Keep this sheet private. Share it with your care team; do not send health details to EE.

Notes cannot identify a seizure type. Do not delay help to write or film; respect consent and privacy.

Source: Epilepsy Foundation - [epilepsy.com/what-is-epilepsy/understanding-seizures/what-happens-during-seizure](https://www.epilepsy.com/what-is-epilepsy/understanding-seizures/what-happens-during-seizure)

First aid and emergency signs: [epilepsyexplained.com/printables/seizure-first-aid/](https://www.epilepsyexplained.com/printables/seizure-first-aid/)