



1. 1 in 100 Canadians have epilepsy. In fact, there are probably students here at our school who are living with epilepsy or they have a family member who is living with epilepsy.

2. Our brains run on electricity. People with epilepsy have trouble controlling the electricity in their brain. When their brains create too much electricity, they have something called a 'seizure'.

3. There are MANY different types of seizures that people can have. Sometimes, when someone is having a seizure they can fall to the ground and shake. Sometimes, a seizure might look like they're staring into space or having a daydream. Sometimes, a seizure can be very fast and only last for a couple of seconds.

4. Some people's seizures happen because of noises, smells, stress, lack of sleep, flashing lights or a combination of things. Others have no idea what triggers their seizures.

5. If you see someone having a seizure you should stay calm and keep them safe. If they fall to the ground and begin to shake, try to put something soft under their head. Don't put anything in their mouth or try to restrain them. Move dangerous objects away from them. Find a nearby adult to help you.

6. Epilepsy does not discriminate - it affects people of all ages, genders, and ethnicities. Anyone can develop epilepsy at any time in their life.

7. Epilepsy is NOT contagious – you can't catch it like a cold.

8. People with epilepsy are just as smart as everyone else and can accomplish amazing things.

9. Most people don't know why they have epilepsy, and there is no cure. But for many people, taking medication can help them control their seizures.

10. One of the best ways to help people who are living with epilepsy is to learn more about it. You can also show your support by celebrating Purple Day on March 26th and by wearing something purple to school on Friday, March 24th.