

Below are 5 morning announcements that can be shared with your school for Epilepsy Awareness Month. Each announcement presents a new fact to help spread awareness and educate students and teachers about epilepsy. They can be shared throughout the month of March, or they can all be used daily, the week leading up to Purple Day for Epilepsy, on March 26th.

### *First Announcement (Wednesday, March 20th or earlier)*

**Did you know that 1 in 100 people have epilepsy? That's a lot of people!** In fact, there are probably students here at our school who are living with epilepsy or have a family member who is living with epilepsy. Epilepsy can affect anyone at any age.

Do you know what epilepsy is? Well, March is Epilepsy Awareness Month and March 26th is Purple Day - a day celebrated around the world to help spread awareness and teach people about epilepsy. So leading up to Purple Day, we want to share some facts about epilepsy with you.

**Today's epilepsy fact is:** Did you know that 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'. Seizures can look very different for different people. Stay tuned for more facts about epilepsy during our future morning announcements.

### *Second Announcement (Thursday, March 21st or earlier)*

**It's Epilepsy Awareness Month and we're back with today's epilepsy fact!**

**Today's fact is:** Did you know that there are MANY different kinds of seizures that people with epilepsy can have? Last time, we told you what seizures are, and why people with epilepsy have them. But seizures can be different depending on the person.

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 and sometimes they last for several minutes.

If you think someone is having a seizure you should always let a teacher or an adult know. Next time, we'll teach you more about what to do when someone is having a seizure!

### Third Announcement (*Friday, March 22nd or earlier*)

It's Epilepsy Awareness Month and we're back with today's epilepsy fact!

**Today's fact is:** Did you know there are 5 basic steps that you can follow if you see someone having a seizure?

**Step #1:** Stay calm. Seizures can sometimes be scary but it's important that you don't panic and remember these steps.

**Step #2:** Keep them safe. If the person having a seizure falls to the ground and begins to shake, try to put something soft under their head. You should also make space and move objects they could hurt themselves on away from them. Do NOT try to hold onto them or stop them from shaking. And never put anything in their mouth.

**Step #3:** Time the seizure. If you can see a clock, try to remember what time it says when the seizure starts and when it ends to tell an adult.

**Step #4:** Find an adult. It's always good to find a nearby adult to help you with seizure first aid.

**Step #5:** Stay with them. Often people will feel tired and sometimes confused after their seizure is done. Make sure someone stays with the person until the seizure is over and they feel okay.

Remember, Tuesday, March 26th is Purple Day for epilepsy - do you have your purple outfit planned?

### Fourth Announcement (*Monday, March 25th*)

It's Epilepsy Awareness Month and tomorrow is Purple Day for Epilepsy!

**Today's fact is:** Did you know that tomorrow is Purple Day!? Purple Day happens every year on March 26th. It was started by a girl named Cassidy Megan from Nova Scotia when she was just 9 years old who began by asking her schoolmates to wear Purple and learn about epilepsy. Now people in countries around the world wear purple and host events to support epilepsy awareness in their communities!

We're asking all teachers and students in our school to wear purple to school tomorrow in support of Purple Day and people living with epilepsy! Are you up for the challenge? See you tomorrow and don't forget to wear something purple!

Fifth and Final Announcement (Tuesday, March 26th - Purple Day)

It's Purple Day for Epilepsy today - Did you remember to wear your purple? We're back with one more Epilepsy fact to share!

**Today's fact is:** Did you know that a lot of people don't even know what epilepsy is? That's why it's so important that we share some of the information we learned this month with our friends and family. That way, people who are living with epilepsy, whether they're your classmates, family members, friends, or neighbours, can feel less alone!

To celebrate Purple Day and help people living with epilepsy, you can tell someone in your family, or one of your friends, a fact that you learned about epilepsy.

If you want to learn more about epilepsy or have any questions, you can ask your teacher and visit the Epilepsy Toronto website at [epilepsytoronto.org](http://epilepsytoronto.org).