

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? There are people living with epilepsy all around us - at our school, at our jobs, in our communities - but due to the stigma surrounding epilepsy, many people choose not to disclose that they live with it.

That's why we're highlighting facts about epilepsy this month for Epilepsy Awareness Month, so we can get educated, help eliminate the stigma, and spread awareness. Purple is the colour for epilepsy and nearing the end of this month is Purple Day on March 26th - a day celebrated around the world to help spread epilepsy awareness.

**Today's epilepsy fact is:** Did you know that epilepsy is a physical condition and not a mental illness? Epilepsy is a chronic, neurological condition that is characterized by recurring seizures, which occur when there is abnormal electrical activity in the brain. Epilepsy is not contagious, and affects people of all ages, races, cultures, and genders.

Stay tuned to our announcements for more epilepsy facts.

### *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? Most people think a seizure is limited to what we commonly see in the media - which is usually a tonic-clonic seizure, the kind where someone falls to the ground and their body shakes uncontrollably. But seizures are different for everyone.

Sometimes, when someone is having a seizure they can fall to the ground and shake. Othertimes, a seizure might look like they're staring into space or having a daydream. Sometimes, when having a seizure, a person may continue walking around, do a repetitive motion, or say things that don't make sense.

Tomorrow, we'll teach you what you can do to help if you see someone having a seizure.

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

It's Epilepsy Awareness Month and we're back with today's epilepsy fact! Last time we learned that there are many different types of seizures including Tonic-clonic seizures, which are convulsive seizures where someone falls to the ground and shakes.

**Today's fact is:** Did you know there are 5 basic steps of Seizure First Aid that you can follow if you see someone fall to the ground when they're having a seizure?

**Step #1: Stay calm.** Seizures can sometimes be alarming but it's important that you don't panic.

**Step #2: Keep them safe.** Try to put something soft under their head. You should also move any tables, chairs, or dangerous objects away from them. Do not try to hold onto them or stop them from shaking, and do not put anything in their mouth.

**Step #3: Time the seizure.** Pay attention to the time the seizure begins. For someone with diagnosed epilepsy, you don't necessarily need to call 911 unless the seizure lasts for longer than 5 minutes.

**Step #4: Stay with them.** Roll the person onto their side as soon as you are able to. After their seizure is done, they may feel tired and confused. Make sure you stay with the person until the seizure is over and their full awareness returns.

**Step #5: When to call 911.** For anyone who is having a seizure for the first time, 911 needs to be called. Instances when you should call 911 for someone with diagnosed epilepsy would be if their seizure lasts longer than 5 minutes, a second seizure occurs before they have fully recovered, or if they are injured during the seizure.

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

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

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

**Today's fact is:** Did you know that tomorrow is Purple Day!? Purple Day was started by a girl named Cassidy Megan from Nova Scotia when she was just 9 years old. Motivated by her own struggles with epilepsy, her goal was to get people talking about epilepsy in an effort to dispel myths and inform those with seizures that they are not alone. Now people in countries around the world wear purple and host events to support epilepsy awareness in their communities on March 26th!

We're asking all teachers and students in our school to wear purple 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!

#### Purple Day Announcement (Tuesday, March 26th)

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:** Even though it is one of the most common neurological disorders affecting 1 in 100 people in Canada, epilepsy is still often misunderstood and stigmatized. That's why it's so important to share some of the information you've learned this month with your 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. You can also post something purple on social media, and show your support by explaining why today is Purple Day. Don't forget to hashtag #PurpleDayTO and tag Epilepsy Toronto.

If you want to learn more about epilepsy or have any questions, ask your teacher or visit [epilepsytoronto.org](http://epilepsytoronto.org).