

## Morning Announcements

Below are 5 examples of morning announcements that you can provide to your school. Each day presents a new fact about epilepsy to help spread awareness and educate students and teachers about epilepsy. You can use these announcements each day leading up to Purple Day on March 26th.

### DAY 1

#### What do you know about epilepsy?

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.

### DAY 2

#### 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 convulsive seizure when someone falls to the ground and shakes uncontrollably. But seizures are different for everyone.

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, 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 if you know someone is having a seizure.

### DAY 3

**It's Epilepsy Awareness Month and we're back with today's epilepsy fact!** Last time we mentioned that there are many different types of seizures including convulsive seizures where someone may fall to the ground and shake.

**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. Pay attention to the time the seizure begins. You do not need to call 911 unless the seizure lasts for longer than 5 minutes.

**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.

**Step #3:** Don't put anything in their mouth. Never put something in someone's mouth when they're having a seizure because they could choke or hurt themselves.

**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:** Don't call 911 unless the seizure lasts longer than 5 minutes, a second seizure occurs before they have fully recovered, the person is injured during the seizure, or if the person has diabetes, is pregnant, or it's their first time having a seizure.

### DAY 4

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

**Today's fact is:** Did you know that this Saturday, March 26th is Purple Day? Purple Day happens every year near the end of Epilepsy Awareness Month on March 26th. People in countries around the world wear purple and host events to support epilepsy awareness in their communities.

Because Purple Day is on a Saturday this year and we won't be in class, we're challenging 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!

## DAY 5

**Did you remember to wear your purple today? We're back with today's Epilepsy fact!**

**Today's fact is:** Even though it is one of the most common neurological disorders affecting 1 in 100 people, epilepsy is still misunderstood and often stigmatized. That's why it's so important to share some of the information you've learned this week 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.

Luckily, tomorrow is Purple Day! You can help people living with epilepsy by educating others and sharing something that you learned about epilepsy this week. To celebrate, wear something purple, post something purple on social media, and show your support by explaining why tomorrow 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, you can ask your teacher or visit Epilepsy Toronto! Check out their website at: [www.epilepsytoronto.org](http://www.epilepsytoronto.org).