EPILEPSY AWARENESS MONTH

AND

PURPLE DAY

INFORMATION AND ACTIVITY PACKAGE FEATURING:

- EDUCATIONAL INFORMATION
- SEIZURE SAFETY
- AWARENESS IN THE COMMUNIY
- ACTIVITIES

eyr epilepsy YORK REGION

6356 Main Street
Whitchurch-Stouffville, ON
L4A 1G9

P: 905-640-8000
E: info@epilepsyyork.org
W: www.epilepsyyork.org

Follow us on Social Media!

@epilepsyyork

@epilepsy_york

@epilepsyyorkregion

WE PROUDLY RECOGNIZE

MARCH

AS

National Epilepsy Awareness Month

AND

March 26

AS

Purple Day

Supporting Epilepsy
Purple Day - March 26
Around The World!

DID YOU KNOW THAT 1 IN 100 PEOPLE IN YORK REGION ARE LIVING WITH EPILEPSY?

TO LEARN MORE SCAN THIS QR CODE OR VISIT WWW.EPILEPSYYORK.ORG

eyr epilepsy YORK REGION

6356 MAIN STREET
WHITCHURCH-STOUFFVILLE, ON
L4A 1G9
905-640-8000
INFO@EPILEPSYYORK.ORG

PURPLE DAY



WHAT IS PURPLE DAY?

Purple Day began in 2008 by Cassidy Megan, a girl from Nova Scotia who wanted her friends to know what it meant to live with epilepsy. Her dream of sharing her story has turned into a recognized, global movement to raise awareness for epilepsy on March 26th.

March 26th is now officially known as PURPLE DAY in Canada thanks to the passing of a federal private member' s bill in Parliament on June 2012. Join people around the world on this day in wearing purple.

Learn more at www.purpleday.org.

WHEN & WHAT IS EPILEPSY AWARENESS MONTH?

In Canada, March is Epilepsy Awareness Month. It is a time to celebrate and raise awareness in our communities across the country.

Visit our website to see how your city or town is raising awareness!

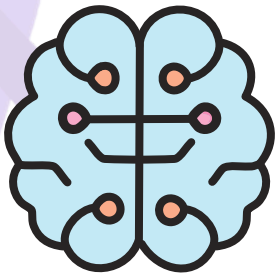


www.epilepsyyork.org/epilepsy-awareness-month

EPILEPSY AWARENESS MONTH

THE FACTS

WHAT IS A SEIZURE?



- It is a sudden burst of electrical activity in the brain.
- Seizures can appear differently, ranging from blank stares to uncontrolled body movements and with/without altered awareness.

WHO IS IMPACTED?

- According to the World Health Organization (WHO), more than 50 million people worldwide have epilepsy
- 1 in 100 people are diagnosed with epilepsy
- In Ontario approximately 90,000 individuals are living with epilepsy

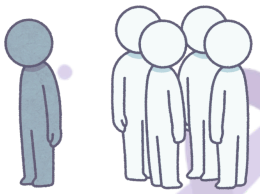
WHAT CAUSES EPILEPSY?



- Head injuries
- Infections of brain (Ex. Meningitis)
- Brain tumors
- Brain development problems before birth
- Strokes
- Genetic conditions (Ex. Tuberous sclerosis)
- Complications with other neurological disorders

PEOPLE LIVING WITH EPILEPSY CAN FEEL...

Excluded when they are not invited to participate in an event or a group.



Isolated and lonely because others may not understand what they are going through.



Fearful or anxious because they don't always know when a seizure will happen and how those around them will react.



HOW CAN YOU HELP?

GET EDUCATED
Learn more about epilepsy. There are many different types of seizures.



BE SUPPORTIVE
Find out what you should do if you see someone having a seizure.



BE A FRIEND
If someone you know has epilepsy make sure they don't feel left out by asking to join them in their favourite activity.



- Join others around the world in wearing purple on March 26th, PURPLE DAY.
- Invite Epilepsy York Region (EYR) to educate your school, workplace or community organization about epilepsy and seizure safety. EYR provides these presentations for FREE.
- Place our Epilepsy Awareness Month & Purple Day poster (see page 2) on your school bulletin board, in the window of your business or on the notice board of your community group.
- If you are living with epilepsy share your story to help others understand what your daily struggles and challenges may be.



SEIZURE SAFETY PROTOCOLS



DO

- Stay calm
- Allow plenty of space
- Protect from injury
- Loosen anything tight around the neck
- Put something soft under the head
- Place individual in the recovery postion (on side) to prevent choking
- Offer support and allow individual to rest

DO NOT!

- Never put anything in the individual's mouth
- Never restrain the individual
- Never leave the individual having a seizure unattended

Remember...



Call an ambulance if the seizure lasts more than 5 minutes or if it's the person's first seizure.

THINGS PEOPLE WITH EPILEPSY AND YOU CAN DO TO KEEP YOUR BRAINS HEALTHY!

EAT NUTRITIOUS FOOD



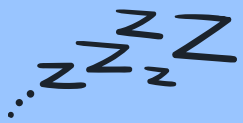
EXERCISE SAFELY





AVOID HARMFUL SUBSTANCES





GET ENOUGH SLEEP

MAINTAIN SUPPORTIVE FRIENDSHIPS AND RELATIONSHIPS



MYTH ✕	TRUTH ✓
Epilepsy is contagious.	You can't catch epilepsy from another person!
All people with epilepsy smell burnt toast before having a seizure.	Some people get a warning before their seizure (aura) but everyone's experiences are different.
A person can swallow their tongue while having a seizure.	It's physically impossible to swallow your tongue!
You should force an object like a spoon into the mouth of someone having a seizure.	Absolutely **NOT**! This can result in chipped teeth, punctured gums or even a broken jaw for the person having a seizure. The person forcing the item can also get bitten.

Thank you to all the municipalities supporting epilepsy awareness by officially recognizing **March** as **Epilepsy Awareness Month** and **March 26th** as **Purple Day**. Through proclamations, flag raisings, and landmark lightings, they are helping to shine a light on epilepsy and showing meaningful support for individuals and families in the community.

AWARENESS IN OUR COMMUNITY

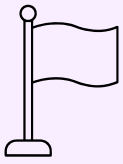

PROCLAMATION


FLAG RAISING

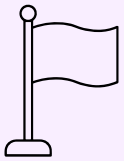

ILLUMINATION

Aurora – You're in Good Company

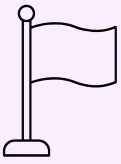




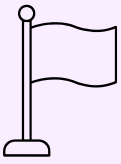
East Gwillimbury



Georgina

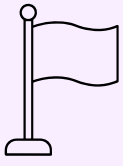



Markham

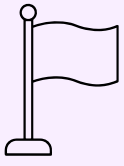



Newmarket

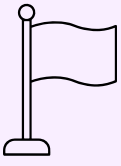




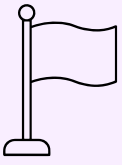
Richmond Hill

Stouffville

Vaughan

Please see the next page for a list of the dates and times of these events.

AWARENESS IN OUR COMMUNITY – EVENT DATES & TIMES

AURORA

PROCLAMATION
Posted on town's website

FLAG RAISING
March 26th at 2pm and will remain flying for the day
Town Hall Flagpole, 100 John West Way, Aurora, Ontario, L4G 6J1

ILLUMINATION
March 26th
Aurora Town Square, 50 Victoria Street, Aurora, Ontario, L4G 1R3

EAST GWILLIMBURY

FLAG RAISING
March 24th at 12:45pm and fly till end of day on March 27th
Civic Centre, 19000 Leslie Street, Sharon, Ontario, L0G 1V0
Community Flagpole in South Courtyard

GEORGINA

FLAG RAISING
March 24th at 11:45am and fly till end of day on March 27th
Civic Centre, 26557 Civic Centre Road, Keswick, Ontario, L4P 3G1

MARKHAM

PROCLAMATION
Posted on city's website

FLAG RAISING
March 25th and fly till end of day on March 26th
Civic Centre, 101 Town Centre Blvd, Markham, Ontario, L3R 9W3

NEWMARKET

PROCLAMATION
Posted on town's website

FLAG RAISING
March 25th and fly till end of day on March 27th
Municipal Offices, 395 Mulock Drive, Newmarket, Ontario, L3Y 4X7

ILLUMINATION
March 26th
Fred A. Lundy Bridge, Water Street, Newmarket, Ontario

RICHMOND HILL

PROCLAMATION
Posted on city's website

FLAG RAISING
March 25th and fly till end of day on March 27th
Municipal Offices, 225 East Beaver Creek Rd, Richmond Hill, Ontario, L4B 3P4

STOUFFVILLE

FLAG RAISING
March 25th 11am and will remain up till end of day on March 27th
Leisure Centre, 2 Park Drive, L4A 2K1

ILLUMINATION
March 25th & 26th dusk till dawn
Town Clock Tower, Civic Square, 9 Civic Avenue, Stouffville, Ontario, L4A 1G5

VAUGHAN

FLAG RAISING
March 25th at 12pm and will remain flying till end of day on March 26th
City Hall, 2141 Major MacKenzie Dr W, Vaughan, Ontario, L6A 1T1

ILLUMINATION
March 26th
City Hall, 2141 Major MacKenzie Dr W, Vaughan, Ontario, L6A 1T1

WAYS YOU CAN RAISE AWARENESS

FUNDRAISING EVENTS:

- Purple Day Dance-A-Thon
- Bake Sale



- Walk/Fun Run for Epilepsy Awareness



HOST FUN ACTIVITIES!

- Epilepsy Awareness Bingo
- Purple Day Trivia Contest



- Mindful Meditation

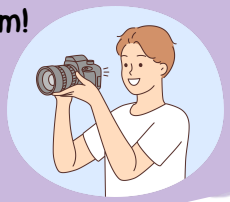
WEAR PURPLE ON PURPLE DAY



CHALLENGE YOURSELF:

Create a short video explaining how YOU can support somebody with epilepsy- we would love to see them!





GET CRAFTING!

- Awareness Posters

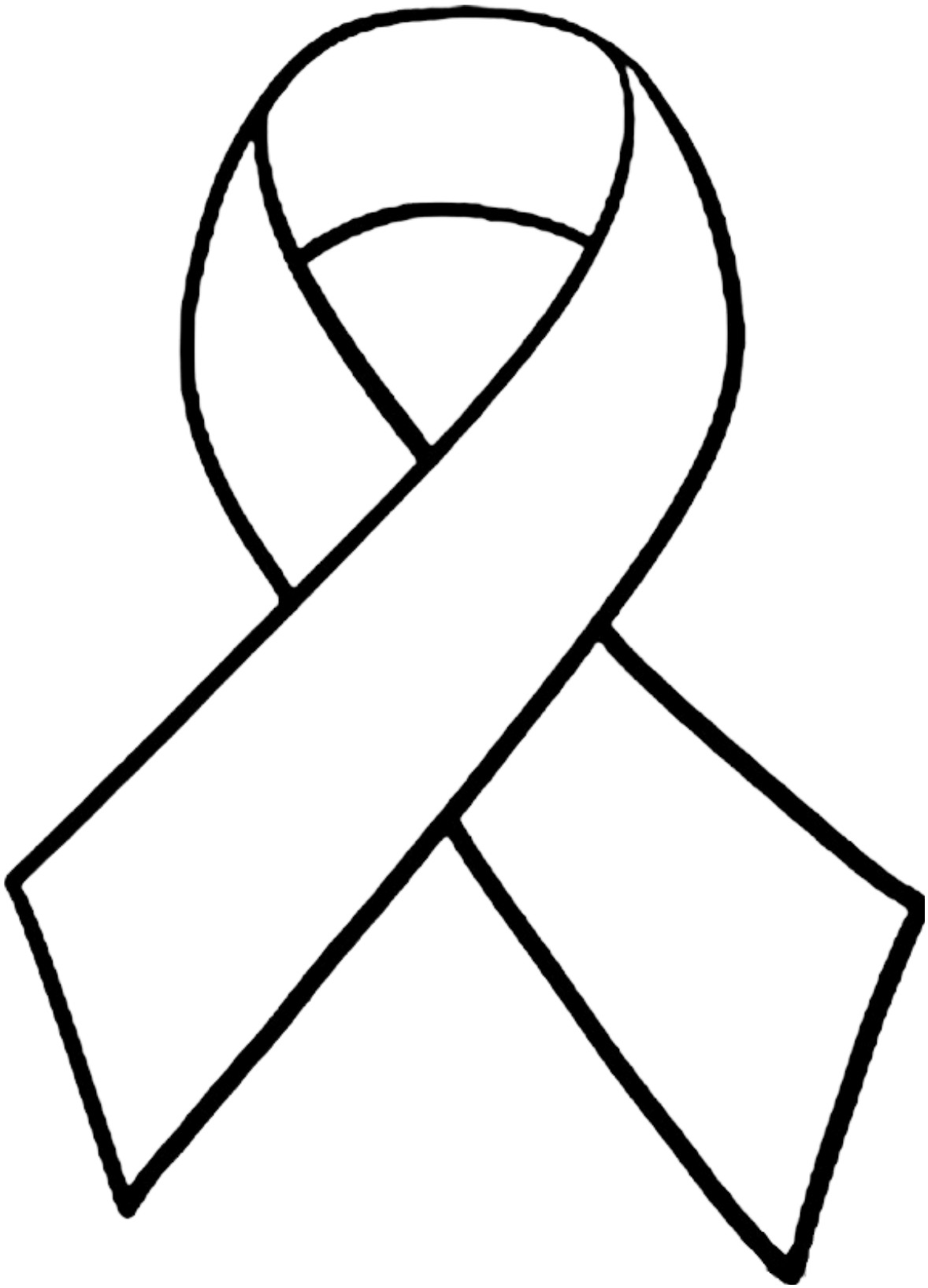


- Decorate Your Classroom Door
- Epilepsy Awareness Bracelets
- Purple Handprint Wall



PRINTABLE RIBBON

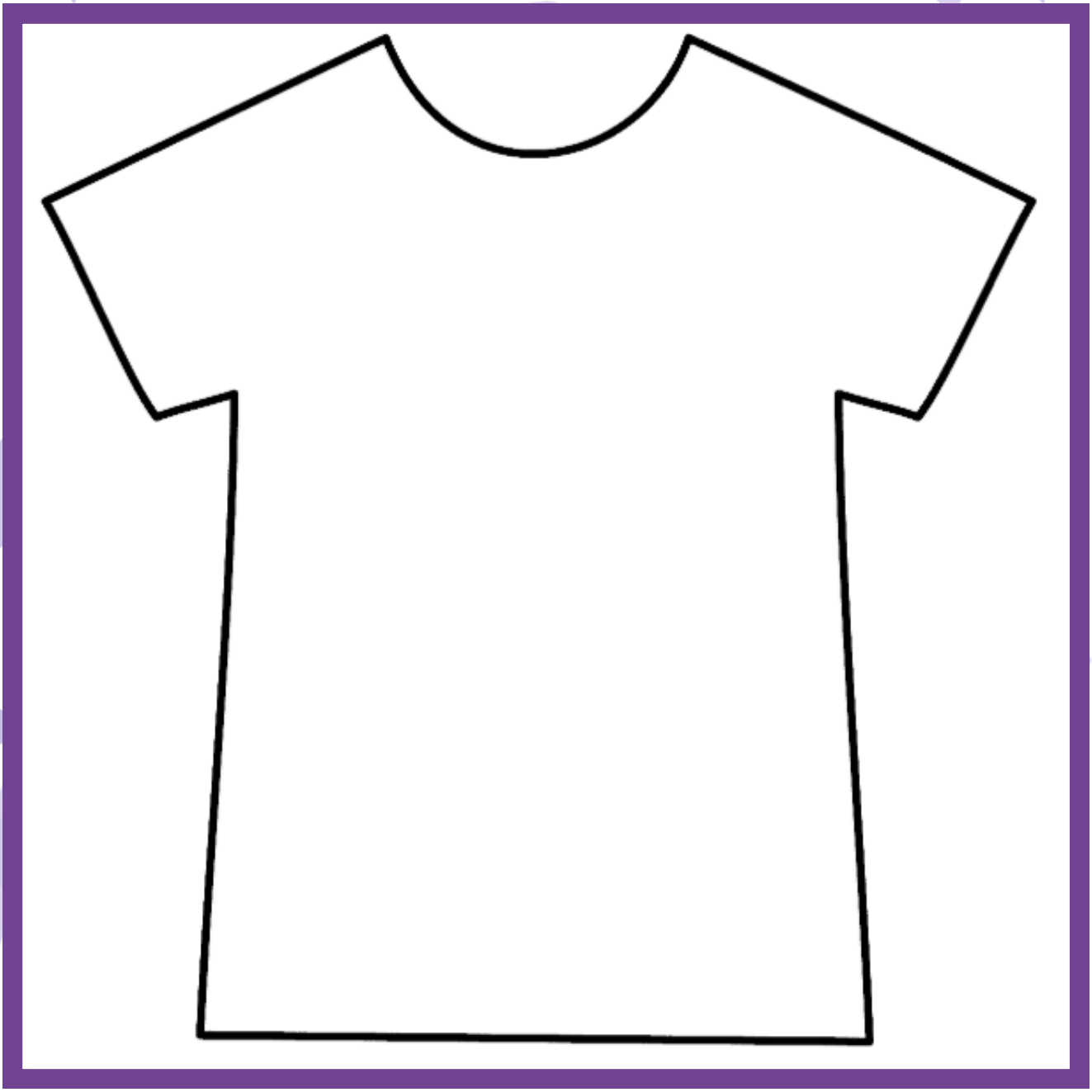
Here is a printable ribbon that you can colour in! Feel free to add stickers or glitter too! You can hang this up in your house, create one for a friend or drop it off at Epilepsy York Region's office - we'd love some new art for our walls!



PURPLE DAY CRAFT

Classroom Door Activity

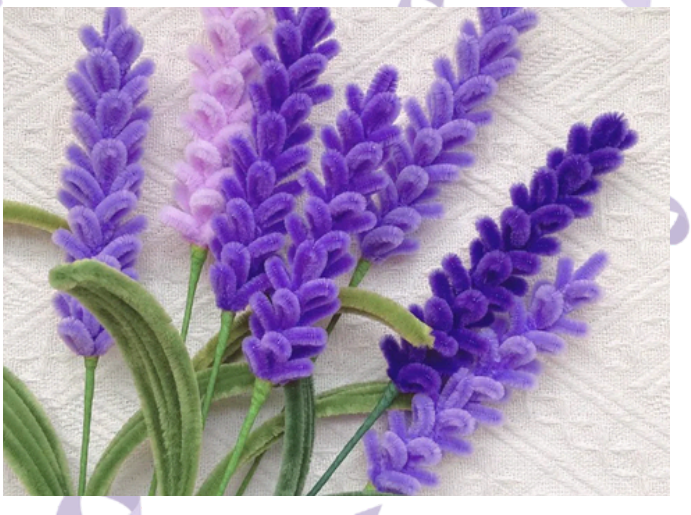
Add fun facts, positivity, and hopeful messages.
Encourage other classes to do the same!



Using this template or creating your own, decorate a paper T-Shirt in Support of Epilepsy Awareness Month and decorate your classroom doors!
Please send pictures to
awarenessandeducation@epilepsyyork.org

PURPLE DAY CRAFT

Pipe Cleaner Flowers



FUN FACT

Lavender is recognized as the international flower of epilepsy

Materials

- 2 Green Pipe Cleaners
- 10 Purple Pipe Cleaners
- Floral Wire/Stem (1 Pc)
- Scissors
- Hot Glue Gun (optional)
- Floral Tape

Instructions

1. Cut purple pipe cleaners into short, equal pieces
2. Fold each piece in half and twist the bottom to make small petal loops
3. Attach petals to the top of the stem, working downward
4. Wrap the stem with floral tape to hold petals in place
5. Fold a green pipe cleaner to make a leaf
6. Attach leaves to the stem with floral tape

Watch the video here! www.youtube.com/shorts/g9IZA6ZPAcw

PURPLE DAY CRAFT

Butterfly Suncatcher



FUN FACT

Butterflies symbolize epilepsy awareness because they represent hope, transformation, and resilience, which can resonate with the experiences of people living with epilepsy.

Materials

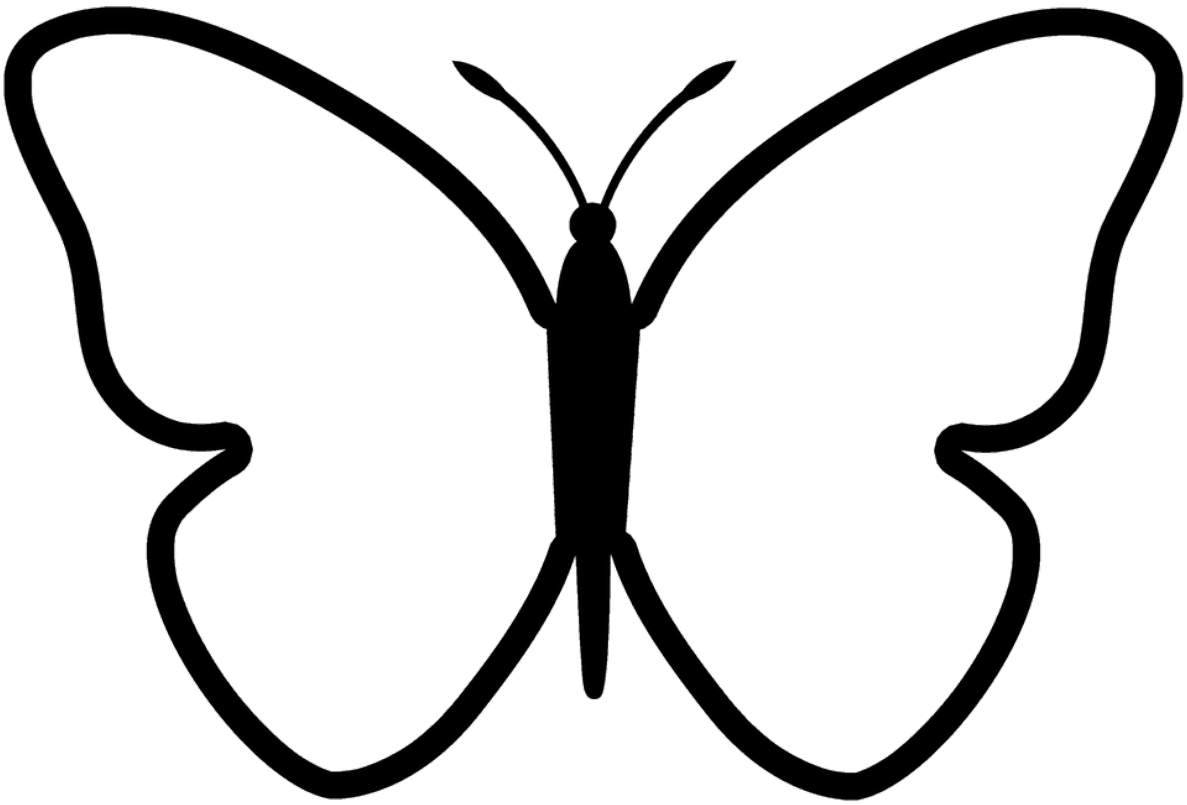
- black construction paper
- cellophane or large Ziploc bag
- purple tissue Paper
- white liquid glue
- pencil
- scissors

Instructions

1. Trace the shape of a butterfly onto black paper and cut out the inside leaving a border.
2. Glue butterfly border onto cellophane and paste colourful tissue paper squares.
3. Allow 20 minutes to dry and then cut off excess cellophane

PURPLE DAY CRAFT

Butterfly Suncatcher Template



Source: www.thesuburbanmom.com/2021/05/20/butterfly-suncatcher-craft/

PURPLE DAY CRAFT
Seahorse puppet

FUN FACT

The seahorse is a symbol of epilepsy because the hippocampus, a part of the brain that's shaped like a seahorse, is often the site of seizures in people with epilepsy. The word "hippocampus" comes from the Greek word for "seahorse".



Materials

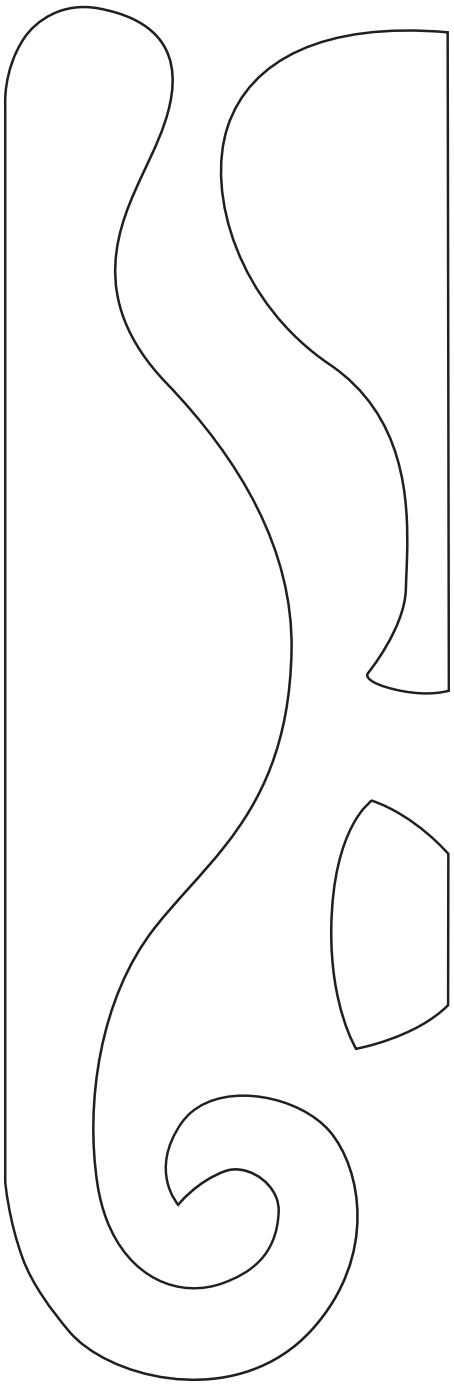
- 1 paper towel roll (per seahorse)
- wooden dowel
- googly Eyes
- acrylic paint
- paintbrushes
- glue
- scissors
- pencil
- hot glue gun (optional)
- seahorse template

Instructions

1. Flatten your paper roll.
2. Print and cut out the template and trace it onto your roll. The straight edges need to be lined up against the folds.
3. Cut out the shapes you have traced, there will be a head, body and fin.
4. Cut a small slit in the back just above the tail to slot the fin in. Unfold the fin piece and cut one half of it so it is small enough to fit into the slot, and then slot it in and glue into place with tacky craft glue.
5. Glue the head on at an angle with tacky craft glue. Stick on a googly eye.
6. Decorate by painting simple lines and dots on your seahorse.
7. Glue dowel rod to the inside of the seahorse with tacky glue or hot glue gun.

PURPLE DAY CRAFT

Seahorse Puppet Template



Source: www.thecrafttrain.com/paper-roll-seahorse-puppets/

WORD SCRAMBLE

LYPEPISE	_____
ZUREISE YFSETA	_____
HTLAEH	_____
SELNWLES	_____
RIBAN	_____
SPHIRENDFIS	_____
PRSOUPT	_____
LEPES	_____
REEXCIES	_____

EPILEPSY WORD SEARCH

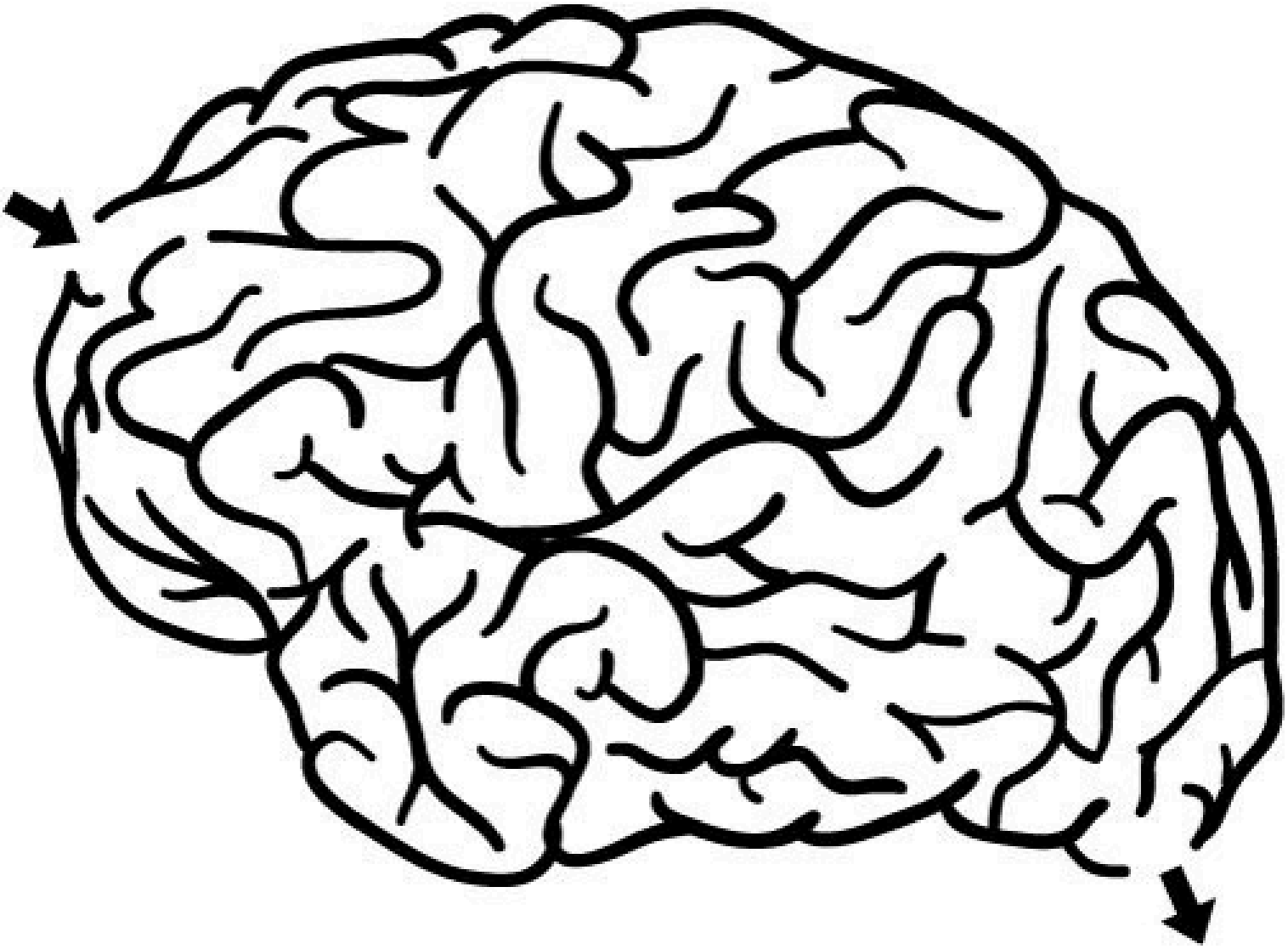


Seizure
Awareness
Purple
Ribbon

Support
Community
Advocacy
Education

Neurological
Lavender
March
Seahorse

BRAIN MAZE ACTIVITY



Source: www.museprintables.com/download/maze/brain/

PURPLE DAY BINGO

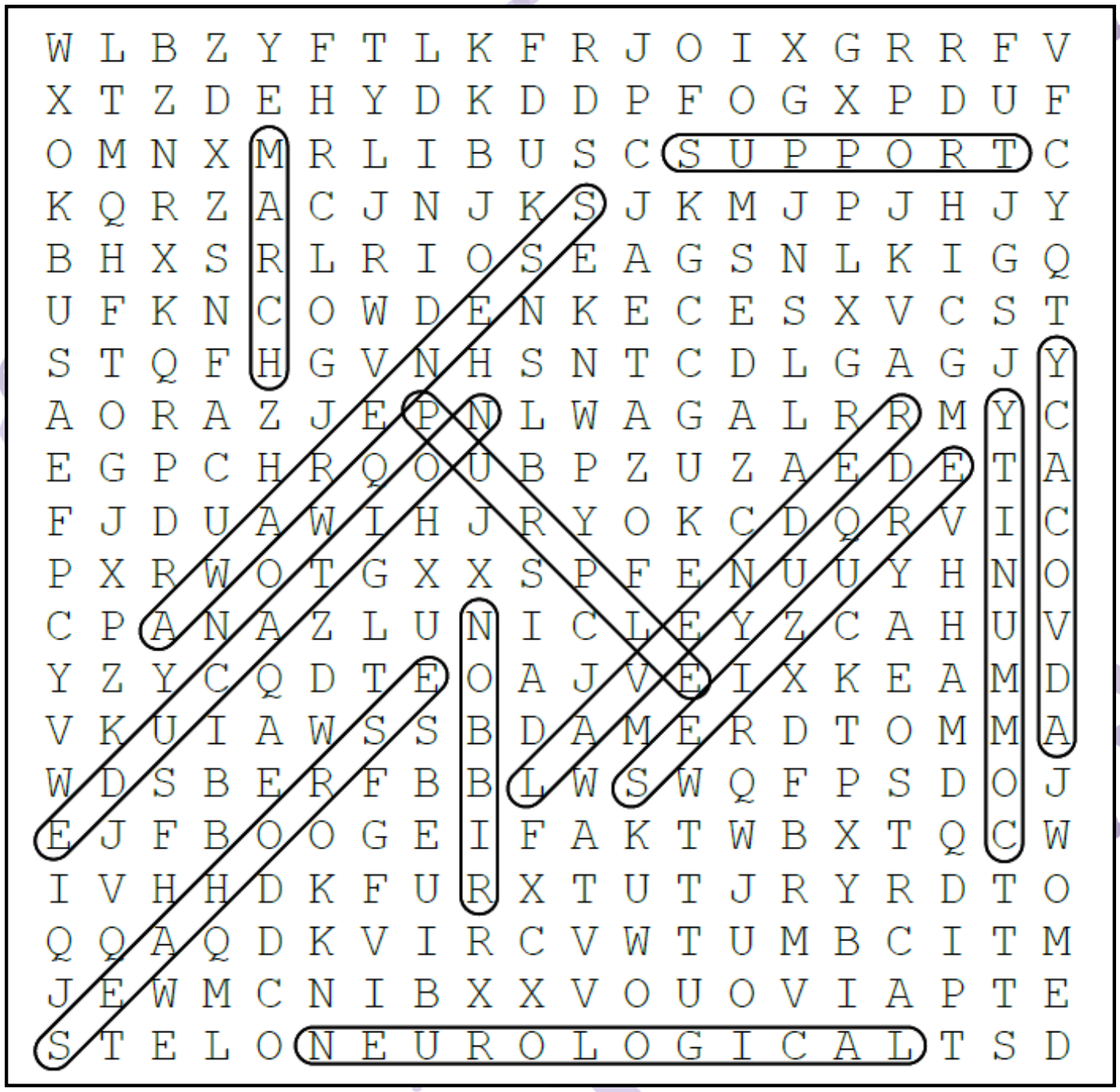
Download bingo cards and sheets of bingo "balls" from our website.

 Healthy Food	 Lavender	 Purple Day	 Advocacy	 Research
 First Aid	 Community	 Education	 Epilepsy	 Recovery Position
 Brain	 March	Free Space	 Butterfly	 EEG
 Seahorse	 Friendship	 Medication	 Exercise	 Doctor
 Heart	York Region York Region	 Seizure Alert Dog	eyr Epilepsy York Region	 Support

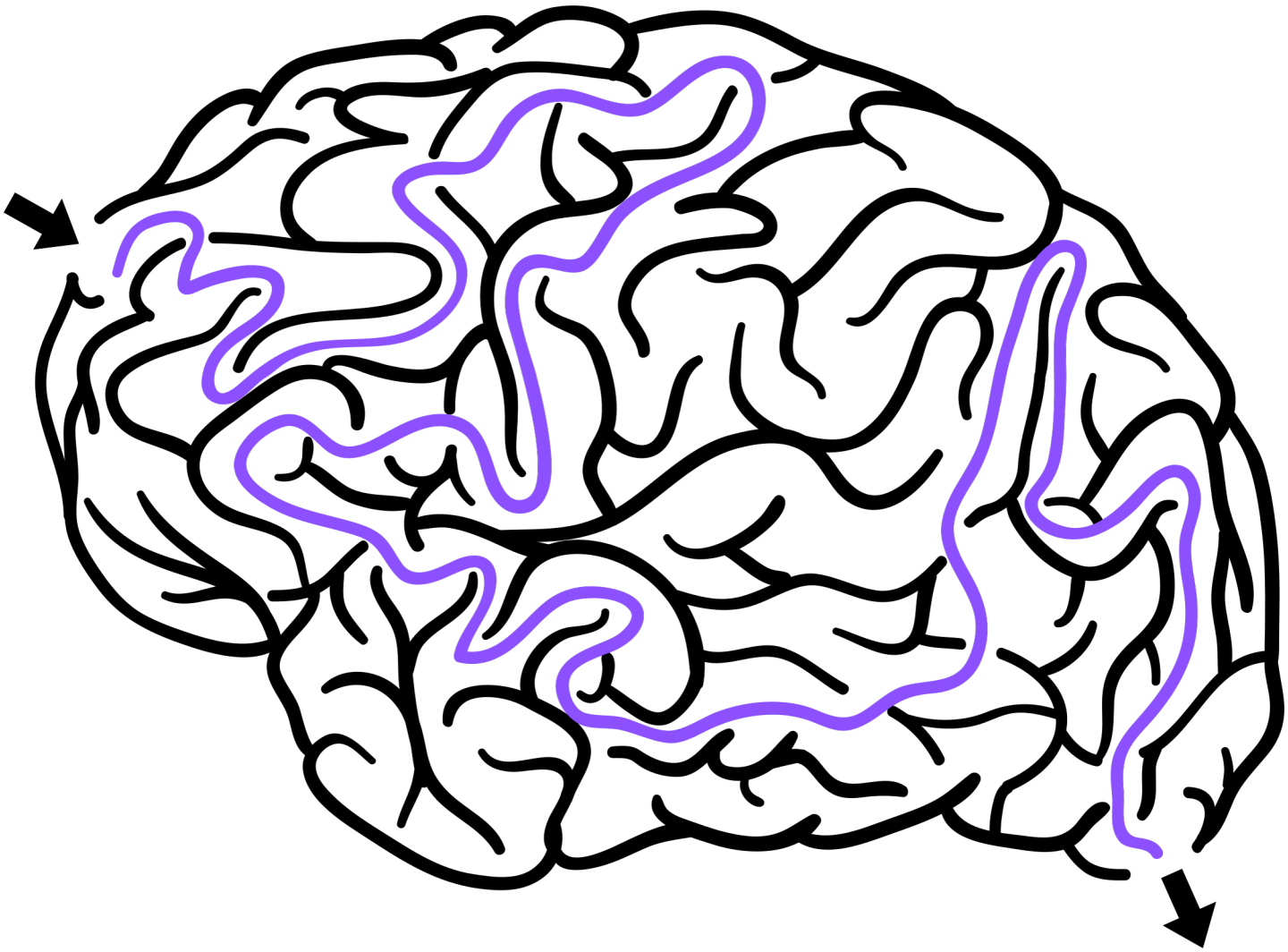
WORD SCRAMBLE ANSWER KEY

LYPEPISE	EPILEPSY
ZUREISE YFSETA	SEIZURE SAFETY
HTLAEH	HEALTH
SELNWLES	WELLNESS
RIBAN	BRAIN
SPHIRENDFIS	FRIENDSHIPS
PRSOUPT	SUPPORT
LEPES	SLEEP
REEXCIES	EXERCISE

EPILEPSY WORD SEARCH ANSWER KEY



BRAIN MAZE ANSWER KEY



Source: www.museprintables.com/download/maze/brain/