

About 330,000 people in Canada have epilepsy.



Anyone can have a seizure but a person with epilepsy has more than one seizure.



People of all ages - babies, girls and boys, teenagers, parents, grandparents - have epilepsy.



Most people with epilepsy have their seizures controlled with seizure medication.



Famous people like Julius Caesar, Napoleon, Joan of Arc, and Isaac Newton had epilepsy.



Did You Know?





www.purpleday.org

March 26th every year is Purple Day For Epilepsy around the World. Purple Day was founded right here in Canada by Cassidy Megan, from the Province of Nova Scotia, when she was only 9 years old.

Join us in wearing purple to promote Epilepsy Awareness. You can also help organize a Purple Day Event at your school.

Enjoy the World Around You

Everyone is different. Just like snowflakes, flowers and fingerprints, no two people are the same but every person is wonderful.

In the space below, draw someone or something wonderful that makes you smile.



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Never swim alone.
 Take a water bottle with you to avoid becoming dehydrated.
 Tell your coaches about your epilepsy so that they will know how to help if you have a seizure.
 Wear a helmet when bicycling.

**(Activities)
 Circling things that will make activities safer**

M S S E R T S L N S Q V N F L K J
 S A T Y I R E H P W O T Z U T S E
 V L T S E I Z U R E S H S N T T H
 E P A P M G W M K J C B G H U X N
 F W N E G U O E H C L G J I I E
 D V E L M E D I C A T I O N A R S
 L T P I J R L M S R L N B R X C Z
 R Y U P L S K S F J E S B H A J D
 S Z X E V I T I S N E S O T O H P

Word Search (Avoiding Seizures)

Word Scramble (What Causes Seizures?)

OUTXD XDCZJL - Brain Injury
 XDMWRBXAD - Infection
 OUTXD BZQAJ - Brain Tumor
 ZDUDAID - Unknown
 PWDWBXR - Genetic

- DOWN**
1. aura
 2. tonic clonic
 3. absence
 4. medicine
 5. neurologist

Crossword Puzzle (Seizures)

ACROSS

1. partial
2. tired
3. teaching
4. convulsion
5. epilepsy

Answers