

#CelebrateSafelySD



**Purple Day**



**Epilepsy Awareness**

**March 26, 2022**



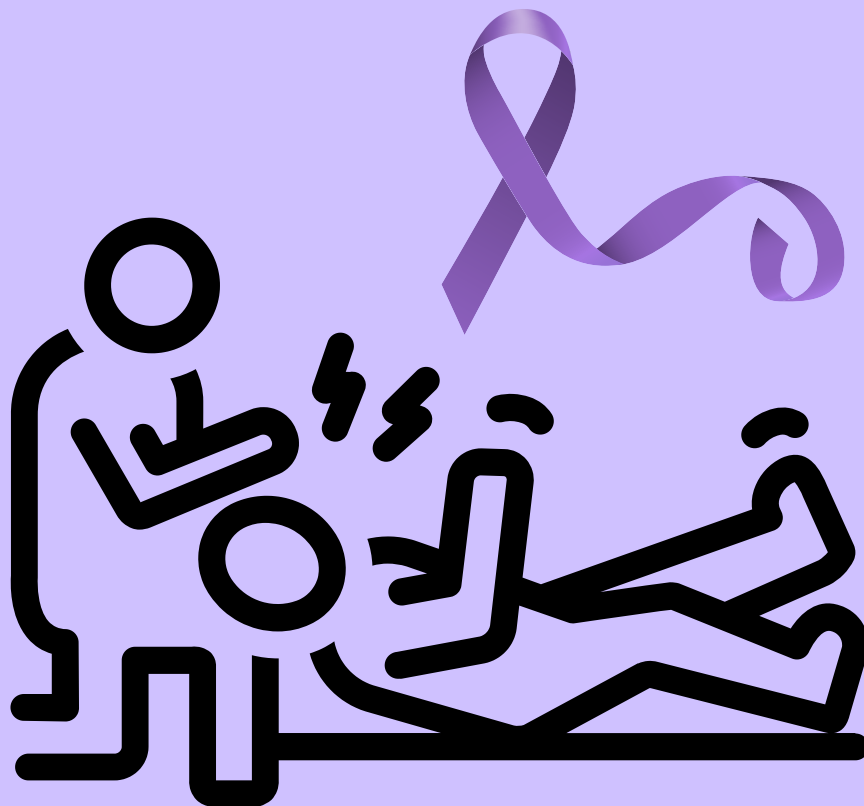
For more information on Purple Day, visit:  
**[www.PurpleDay.org](http://www.PurpleDay.org)**



LIVE WELL  
SAN DIEGO

# What is Purple Day?

Purple Day is an international community-led effort dedicated to growing awareness about epilepsy worldwide. On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. Last year, people in more than 85 countries on all continents joined in Purple Day!



# Facts about Epilepsy



**65 Million**

People Have Epilepsy Worldwide



**1 in 100 People**

Are Estimated To Have Epilepsy  
in the United States



**50% of Cases**

The Cause is Unknown

# What is Epilepsy?

**Epilepsy**, which is sometimes called a seizure disorder, is a disorder of the brain. A person is diagnosed with epilepsy when they have had two or more seizures.

A **seizure** is a short change in normal brain activity. Seizures are the main sign of epilepsy. Some seizures can look like staring spells. Other seizures cause a person to fall, shake, and lose awareness of what's going on around them.

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For more information on epilepsy, visit:  
[www.cdc.gov/epilepsy/](http://www.cdc.gov/epilepsy/)

# Quick Facts

Not everyone can identify specific events or circumstances that affect seizures, but some are able to recognize definite seizure triggers.

Some common triggers include:

- Forgetting to take prescribed seizure medication.
- Lack of sleep.
- Missing meals.
- Stress, excitement, emotional upset.
- Menstrual cycle and hormonal changes.
- Illness or fever.
- Low seizure medication levels.
- Medications other than prescribed seizure medication.
- Flickering lights of computers, television, videos, etc., and sometimes even bright sunlight.
- Use of street drugs.

# Preventing Epilepsy

Sometimes we can prevent epilepsy. These are some of the most common ways to reduce your chances of developing epilepsy:

## Prevent Traumatic Brain Injuries

Brain injuries, also called traumatic brain injuries, are a frequent cause of epilepsy.

- **Ride safely.** Use safety belts, child passenger seats, airbags, bicycle helmets, and motorcycle helmets to reduce motor vehicle and traffic injuries.
- **Step carefully.** Falls are the leading cause of brain injury. Older adults and children have an increased chance of brain injuries from falls.
- **Get help for traumatic brain injuries if they happen.** The chance of epilepsy is high with severe brain injuries. Taking good care of the injury may help to avoid epilepsy.

For more information on epilepsy, visit:

[www.cdc.gov/epilepsy/preventing-epilepsy.htm](http://www.cdc.gov/epilepsy/preventing-epilepsy.htm)

# What to Do When Someone Is Having a Seizure:

The person may cry out, fall, shake or jerk, and become unaware of what's going on around them.

You can support them by:

- **Do** ease the person to the floor.
- **Do** turn the person gently onto one side. This will help the person breathe.
- **Do** loosen ties or anything around the neck that may make it hard to breathe.
- **Do** clear the area around the person of anything hard or sharp. This can prevent injury.
- **Do** put something soft and flat, like a folded jacket, under his or her head.
- **Do** remove eyeglasses.
- **Do** time the seizure. Call 911 if the seizure lasts longer than 5 minutes.

For more information, visit:

<https://www.cdc.gov/epilepsy/about/first-aid.htm>

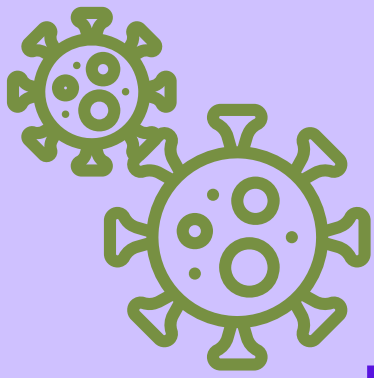
# What NOT to Do When Someone Is Having a Seizure:

- **Do not** hold them down or try to stop the person's movements.
- **Do not** put anything in the person's mouth. This can injure teeth or the jaw. A person having a seizure cannot swallow their tongue.
- **Do not** try to give mouth-to-mouth breaths (like CPR). People usually start breathing again on their own after a seizure.
- **Do not** offer the person water or food until the person is fully alert.

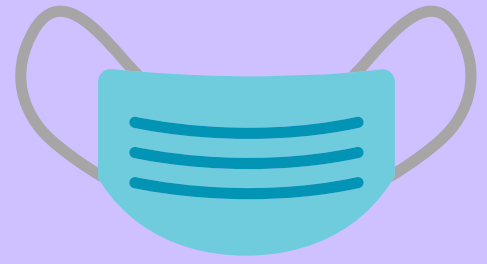
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# Tips to



# BeCOVIDSafe



- Get your COVID-19 and flu vaccines. If you're fully vaccinated, remain up to date by getting your booster, if eligible.
- Wash your hands with soap and water for at least 20 seconds.
- Wear a well-fitted mask over your nose and mouth.
- Avoid crowds and poorly ventilated indoor spaces.
- Stay 6 feet apart from others who are sick and people outside of your home.
- Get tested if you are experiencing symptoms to prevent the spread of infection to others.

For more information on COVID-19, visit:  
**Coronavirus-SD.com**



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