

# 26 March is Purple Day for Epilepsy



[www.epilepsyqueensland.com.au](http://www.epilepsyqueensland.com.au)

# Go Purple!

On any day during the national epilepsy awareness campaign **1 to 26 March**, you and your school can join other students from around the world to **go purple** and **unmask epilepsy!**

**Purple Day** is a grassroots effort dedicated to increasing awareness about epilepsy worldwide. On 26 March people from around the globe are asked to go purple and spread the word about epilepsy.

Purple Day was founded in 2008 by 9 year old Cassidy Megan of Canada. Motivated by her own struggles with epilepsy, Cassidy started Purple Day in an effort to get people talking about epilepsy and inform those with seizures that they are not alone. She named the day Purple Day after the internationally recognised colour for epilepsy – lavender.

Epilepsy Queensland is proud to be a member of Epilepsy Australia - the official Australian partner of Purple Day - and has joined up with other epilepsy organisations from across the globe including Canada, USA, UK and South Africa to make Purple Day even bigger.

**10% of Australians will have a seizure during their lifetime, while 3-4% will be diagnosed with epilepsy – the world's most common serious brain disorder.**

**Anyone at any time can be diagnosed with epilepsy, however the majority are school aged.**

## Supporting Epilepsy Queensland The Official Queensland Purple Day Partner

Epilepsy Queensland provides essential services and programs for people with epilepsy, their families, health, disability and education workers.

### Getting involved is easy Register online or by phone today!

Primary Schools and Early Learning Centres will be provided with a free Purple Day Resource Pack.

- Encourage your school to hold a **free (purple) dress day or mask-themed event** and donate the proceeds to Epilepsy Queensland. Contact us for a free supply of Purple Day posters, stickers or temporary tattoos.
- Buy/sell Epilepsy Queensland's Purple Day **merchandise**.
- Here are some bright ideas for **unmasking epilepsy** activities:
  - o Organise a mask making activity
  - o Display the masks at a class art exhibition
  - o Hold a masquerade themed event - a morning tea, a mask parade, a masked superheroes party, a masquerade disco, free dress day
  - o Have a mask face painting stand
  - o Conduct a guessing competition - *Who is wearing that mask?* It can be famous people or even your teachers!
  - o Involve local identities to create a mask for a great cause
  - o Create masks for your four-legged friends and take photos - be sure to send a copy to us!
  - o Wear decorated swimming masks at your next carnival



## Plan now to go purple anytime from 1 March to 26 March

For more information about Purple Day and how you can get involved:

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