



# Mythbusters



Name:

Date:



Epilepsy is often misunderstood. Together, let's dispel the many myths and misconceptions about the condition and learn about the important information about epilepsy and seizure first aid!

**Activity Directions:** Read the statements about living with epilepsy below. Can you figure out which statements are true and which ones are false? (Psst - Check with Jack or your teacher to find out how many you got correct!)

1. When you're living with epilepsy, you will have seizures where you fall down and shake. **TRUE / FALSE**
2. Flashing lights will cause seizures for everyone living with epilepsy. **TRUE / FALSE**
3. You can stop someone from having a seizure by holding them down and putting something in their mouth. **TRUE / FALSE**
4. Seizures can be different for each person living with epilepsy. **TRUE / FALSE**
5. Anyone can have a seizure. **TRUE / FALSE**
6. Animals can not have epilepsy. **TRUE / FALSE**
7. Every time my friend has a seizure, they must call 911 for an ambulance. **TRUE / FALSE**
8. You can catch epilepsy like a cold. **TRUE / FALSE**
9. When someone is having a seizure they know exactly what is happening to their body. **TRUE / FALSE**
10. I can't help anyone who is having a seizure. **TRUE / FALSE**
11. You should be kind and helpful when someone has a seizure. **TRUE / FALSE**



# Mythbusters Answers



- 1. FALSE.** Not every person living with epilepsy has seizures where a person falls down and shakes. Everyone who is living with epilepsy experiences their seizures differently. Some people seem vacant, wander around, or are confused during a seizure.
- 2. FALSE.** 1 in 100 people are living with epilepsy, and of these people, around 3% have photosensitive epilepsy. Photosensitive epilepsy occurs when someone's seizures are triggered by being exposed to flashing lights at certain intensities or visual patterns.
- 3. FALSE.** When someone is experiencing a seizure you should never hold the person down or put anything in their mouth. This could cause unnecessary harm to the individual.
- 4. TRUE.** Everyone who is living with epilepsy experiences seizures differently because everyone's brain is different.
- 5. TRUE.** Anyone can have a seizure. Seizures happen when there is a sudden interruption in the way the brain normally works.
- 6. FALSE.** Animals have brains and therefore they can have epilepsy.
- 7. FALSE.** Most seizures are not medical emergencies. However, there are times when we do need to call 911, like: if the seizure lasts longer than 5 minutes; the person injures themselves during their seizure; the seizure happens in water, or; if the person's regular breathing does not return once their seizure has finished.
- 8. FALSE.** Epilepsy is not contagious. It is a health condition that affects individual brains.
- 9. FALSE.** Many people who are living with epilepsy don't know what is happening while they are experiencing a seizure because their neurons are misfiring in their brain. Some people whose neurons only misfire in a specific area of their brain may remember what has happened to them.
- 10. FALSE.** You can be the best person to help out someone who is having a seizure just by following the seizure first aid steps! Start by being a friend - that is the first step in helping anyone, living with epilepsy or otherwise!
- 11. TRUE.** After a seizure happens, the person can be tired, confused, unsure about what happened, and even embarrassed. It's important to be kind, explain that they had a seizure, and ask how you can help!