



Why not hold a purple themed quiz and test friends, family, pupils or work colleagues with some purple puzzles. Ask for a small entry fee and boost your fundraising too. Here are a few puzzles that you can add in to your quiz round!

Fact or Myth

Read the statements below relating to epilepsy and decide whether you think it is a **Fact** or a **Myth**.

1. A seizure happens when there is a sudden, intense burst of electrical activity in the brain.
Fact or Myth
2. When someone is having a seizure they will always fall to the floor and start jerking.
Fact or Myth
3. If you see someone having a seizure you should never put something in their mouth.
Fact or Myth
4. Most people with epilepsy are not affected by flashing lights.
Fact or Myth
5. Anyone who has epilepsy shouldn't drive a car.
Fact or Myth
6. If you have epilepsy you should not go swimming.
Fact or Myth

Word search

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

Seizure

First Aid

Epilepsy

Purpletastic

Awareness

Epilepsy Action

Helpline

Purple Day

Fundraising

Answer sheet



- 1. Fact** This sudden, intense burst of electrical activity in the brain causes the messages between cells to get mixed up, and results in an epileptic seizure. (Find out more at [epilepsy.org.uk/info](https://www.epilepsy.org.uk/info))
- 2. Myth** Someone having a tonic-clonic (convulsive) seizure goes stiff, loses consciousness, falls to the floor and begins to jerk or convulse. There are around 60 different types of seizure, including seizures where you might not fall to the floor and may stay aware of what's happening around you. (Find out more at [epilepsy.org.uk/seizures](https://www.epilepsy.org.uk/seizures))
- 3. Fact** When someone is having a seizure, never restrain the person, put something in their mouth or try to give them food or drink. (To find out more about what to do when someone has a seizure, visit [epilepsy.org.uk/firstaid](https://www.epilepsy.org.uk/firstaid))
- 4. Fact** Around 3 in every 100 people with epilepsy have photosensitive epilepsy. Photosensitive epilepsy is where someone has seizures that are triggered by flashing or flickering lights, or patterns. (Find out more at [epilepsy.org.uk/photosensitive](https://www.epilepsy.org.uk/photosensitive))
- 5. Myth** When you can drive a car or motorcycle depends on the type of seizures you have. If you've had to stop driving because of seizures, for most people they will be allowed to drive 12 months after their last seizure. (Find out more at [epilepsy.org.uk/driving](https://www.epilepsy.org.uk/driving))
- 6. Myth** If your seizures are completely controlled, you don't need to take any greater safety precautions than anyone else. If you are still having seizures you need to consider safety precautions. (Find out more at [epilepsy.org.uk/sports](https://www.epilepsy.org.uk/sports))

Word search answers

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

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