**Letter to the Editor**

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**Date:**

**[Insert contact’s address]**

**[Insert city, State]**

**[Insert zip code]**

Dear **[Insert name of editor]**:

Even though 1 in 10 Americans will have a seizure at some point in their life the public is largely unaware how prevalent and serious the condition can be. Although it’s a challenge to increase awareness, it’s time to learn the facts. November is National Epilepsy Awareness Month and I am working with the Epilepsy Foundation Eastern PA to create a community that is safe and supportive of those with seizures.

Epilepsy is very common--in fact there are over 110,000 people with epilepsy in eastern Pennsylvania. Yet many people cannot properly recognize a seizure or what to do when someone has a seizure. As a result individuals with epilepsy often feel socially isolated and are afraid to live their lives. This doesn’t have to be the case if we all take the time to learn a little more. Here are a few simple facts that can go a long way to improving our community:

* Seizures are not always convulsive; there are many different types of seizures
* If you see someone having a convulsive seizure, you should turn them on their side and cushion their head, but **do not put anything in their mouth.**
* A seizure isn’t always an emergency—*only call 911 if the seizure lasts longer than 5 minutes.*
* Epilepsy is not contagious and seizures are not dangerous to anyone witnessing one.
* **Purple is the official color for Epilepsy Awareness.** You can show your support by wearing purple in November!

Making a difference isn’t hard—knowledge and understanding goes a long way. As someone affected by epilepsy, I strongly encourage everyone to get educated by visiting **www.efepa.org**. The first steps towards change are often the smallest. Please take them with us.

**[Insert your name]**

**[Insert your address]**

**[Insert daytime telephone number]**