

# The Great Purple Cupcake Project For Epilepsy Awareness



## Mariah Mayhugh

Diagnosed at age 7

Pageant queen, writer,  
singer, and advocate.

"I'm a big dreamer who aims  
to end epilepsy stigma  
through the arts."

# SEIZURE FIRST AID

- ✓ Stay calm
- ✓ Move dangerous objects
- ✓ Time the seizure
- ✓ If the person has fallen to the ground, turn them on their side and put something soft under their head
- ✓ NEVER put anything in the person's mouth and NEVER hold them down
- ✓ If the person is wandering, gently steer them away from danger

## SEEK MEDICAL ATTENTION:

- For a first-time seizure
- Seizure lasts longer than 5 minutes or repeats
- Person is injured, pregnant, or has diabetes
- Seizure occurs in water
- Person does not resume consciousness or normal breathing
- Person has no ID stating they have epilepsy



EPILEPSY AWARENESS

**The Anita Kaufmann  
Foundation**

For more information, call **201-655-0420**  
**[www.purpledayeveryday.org](http://www.purpledayeveryday.org)**

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