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**Media Release**

**Seizure safety is everyone’s business, says Epilepsy WA**

Seizure safety should be everyone’s business, not just those in the epilepsy community, says Epilepsy WA CEO Emma Buitendag, on the launch of Seizure Safety Month, which runs throughout October.

“The reality is that around one in 10 West Australians will have a seizure at some point in their lives, so seizure first aid training should be on everyone’s radar,” says Ms Buitendag.

During the month, Epilepsy WA is appealing to the WA community to become seizure aware and gain seizure first aid training to ensure greater preparedness for responding safely and confidently during a seizure emergency.

Epilepsy WA is also campaigning to save lives by raising awareness of epilepsy-related deaths, including Sudden Unexpected Death in Epilepsy (SUDEP), the leading cause of mortality associated with epilepsy. Each year, over 30 West Australians lose their lives due to SUDEP and other epilepsy-related medical emergencies and accidents, such as drowning.

“The reality is that one in 25 West Australians will be diagnosed with epilepsy, and around 10% of the WA community will have a seizure in their lifetime, so it is for these reasons that we are working towards greater awareness in this area,” adds Ms Buitendag.

“There are simple steps that can be taken to reduce seizure-related injuries and also epilepsy-related deaths, and we would urge any West Australians who would like to up-skill themselves in these areas to learn more about the training opportunities and seizure alert devices available.

“Our focus is on trying to save lives and reduce seizure-related injuries which is why, this October, we are asking the community to take a moment to become seizure aware.”

Epilepsy WA upskills schools, childcare centres and aged care providers with seizure first aid training to enable staff to be able to respond in a seizure emergency. The organisation also offers a range of online guides, including how to reduce risk and seizure triggers, and information on current seizure alert devices.

Epilepsy WA supports many families who have lost loved ones from SUDEP and offers monthly epilepsy support groups and a helpline for anyone impacted by epilepsy.

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