

How To:

MAKE MARCH

PURPLE

FOR EPILEPSY

on Social Media

Every **33 minutes** a life is turned upside down by epilepsy. Post an **upside down** photo to raise awareness!

Why social media? It's a simple, accessible and powerful tool to raise awareness!

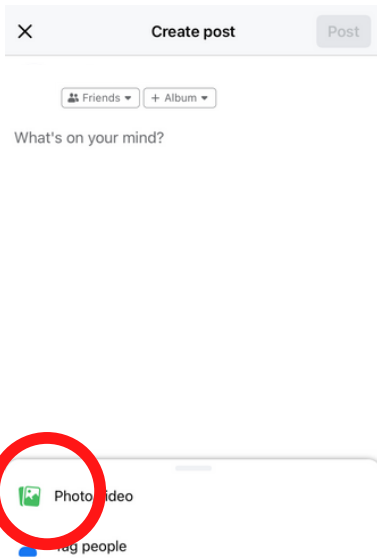
You can get involved on **any** **platform** you want.



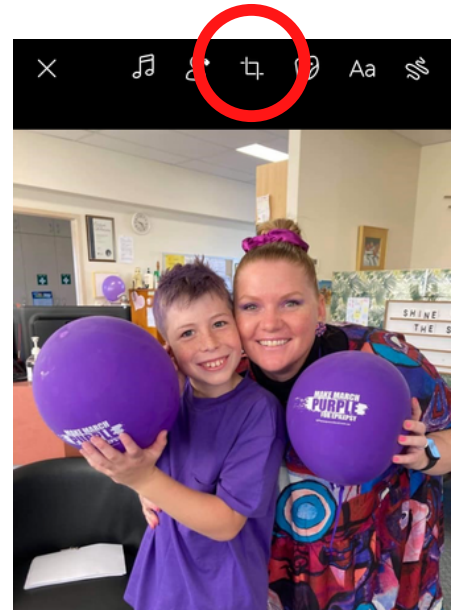
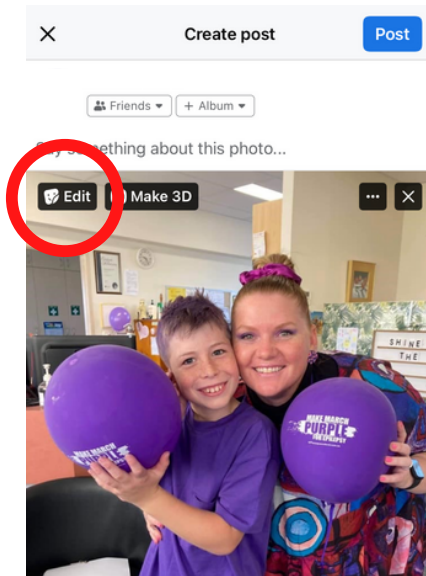
Follow the easy instructions below to find out how you can **help turn things around** and **#MakeMarchPurple** on social media



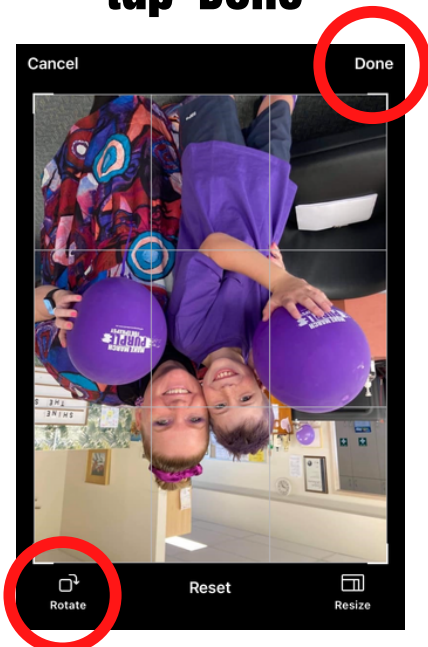
1. Start a new post and select the photo you want to use



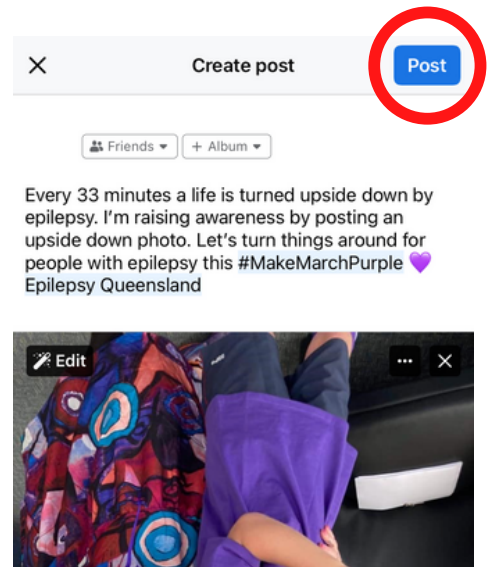
2. Click 'Edit' and select the Crop icon



3. Tap the Rotate arrow in the bottom corner twice, tap 'Done'

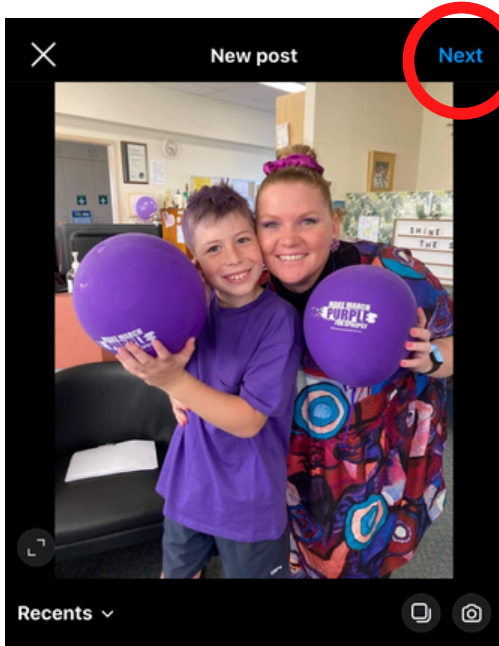


4. Type out your caption and remember the hashtag #MakeMarchPurple and tag @EpilepsyQueensland

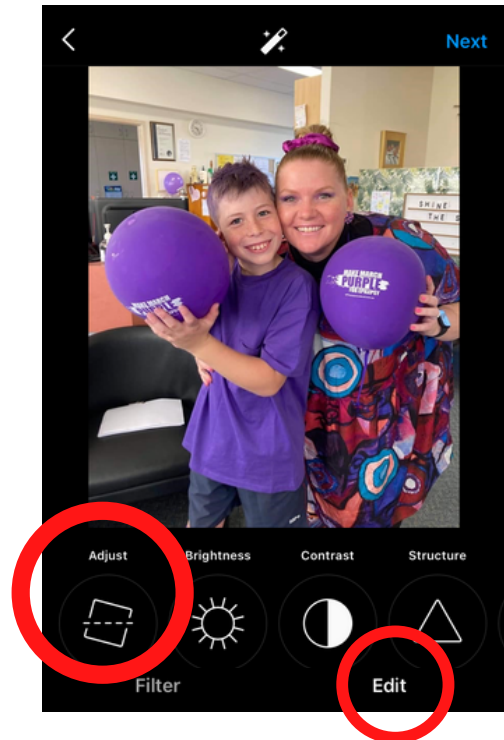




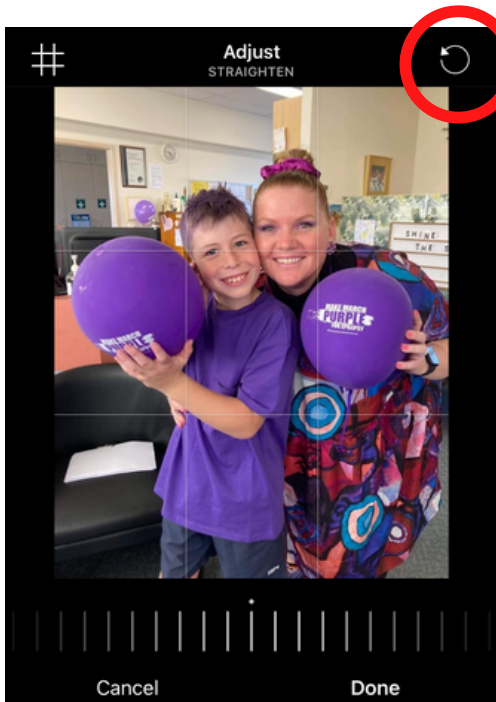
1. Start a new post and select the photo you want to use



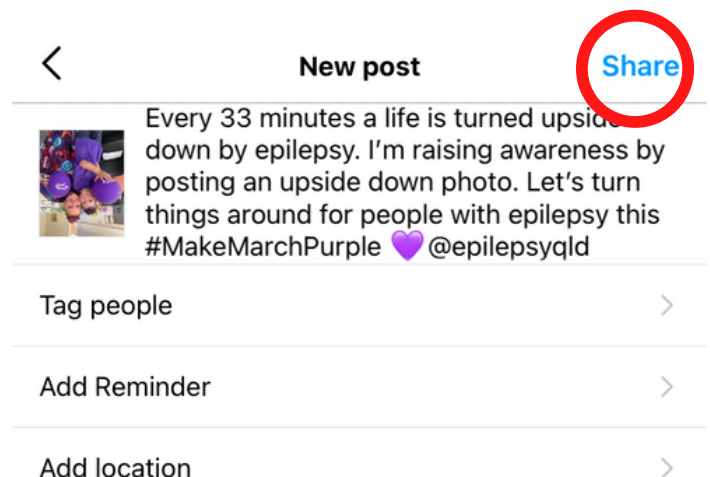
2. Tap 'Edit' and select 'Adjust'



3. Tap the Rotate arrow in the top corner twice, tap 'Done'

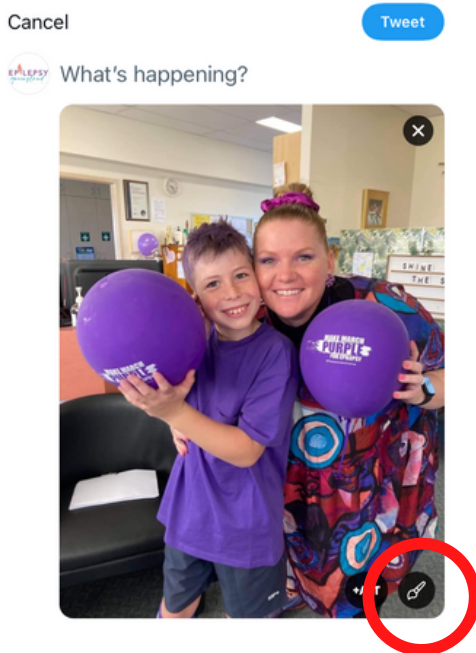


4. Type out your caption and remember the hashtag **#MakeMarchPurple** and tag **@epilepsyqld**

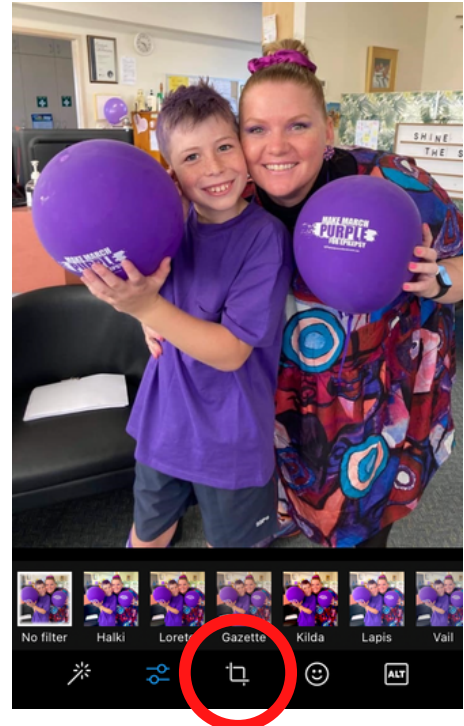




1. Start a new tweet and select the photo you want to use



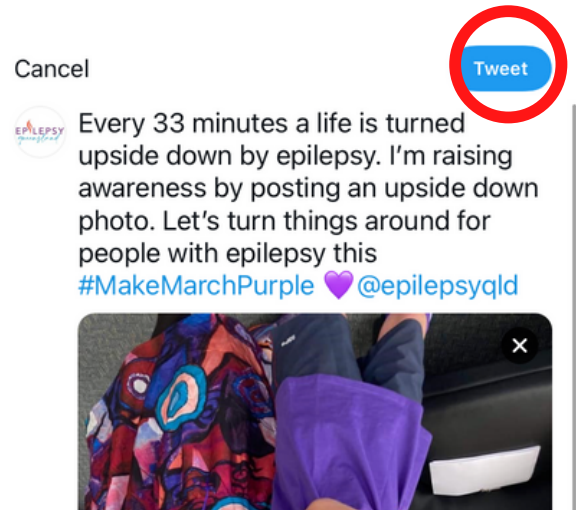
2. Click the Paintbrush icon and then the Crop icon



3. Tap the Rotate arrow in the bottom corner twice, tap 'Apply' & 'Save'

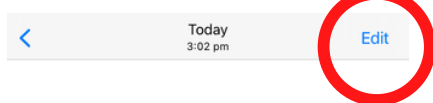


4. Type out your caption and remember the hashtag #MakeMarchPurple and tag @epilepsyqld





1. Go to your photo gallery on your phone and select your image



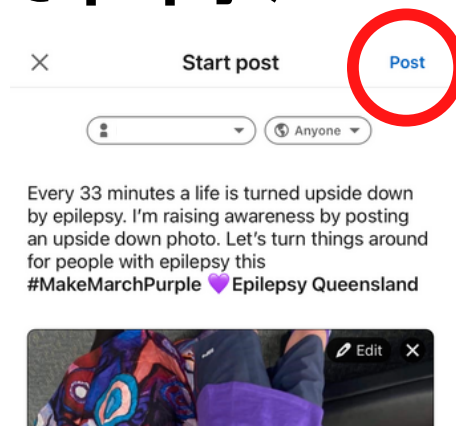
2. Click 'Edit' and select the Crop icon.



3. Tap the Rotate arrow in the top corner twice, tap 'Done'



4. Start a new post, select your upside down image and type out your caption. Remember the hashtag #MakeMarchPurple and tag @Epilepsy Queensland



What else can I do to

MAKE MARCH

PURPLE

FOR EPILEPSY

on social media?



Other ways to get involved on social media:

- **Challenge your friends to turn things around by tagging them in your post**
- **Turn your profile picture upside down**
- **Change your cover photo to the Make March Purple banner image**