

April 16, 2021

3.4 million people nationwide have epilepsy.

I am asking that a law be passed to outlaw strobe lights and change the light frequency on police cars, ambulances, trash/recycling trucks, etc. For me, and those that suffer with photophobia/reflex epilepsy (specific lights and their frequencies trigger grand mal seizures), it's very difficult to work, drive or go anywhere on a daily basis as a result of these lights.

Daily we are bombarded with the following seizure triggers:

- bright LED headlights on cars
- LED or fluorescent lighting in stores, offices, schools, etc.
- children's sneakers that contain flashing-colored lights
- toys with strobe lights
- bicycles with strobe lights
- dog collars with colored strobes
- trash and recycling trucks
- construction and emergency vehicles with flashing lights and strobes
- police, ambulance and fire trucks
- gas pumps containing small strobe lights to indicate where to insert your credit card

People with epilepsy need to use incandescent light bulbs as opposed to LEDs in their homes because LEDs cause muscles to twitch and/or cause cluster headaches and nausea. We're scrambling around to stores everywhere to purchase as many incandescent bulbs as possible before they are completely phased out. It's getting more and more difficult to go into stores, restaurants, schools etc., because of these lights.

How can we live when we're inundated with these triggers? The answer shouldn't be, "just take some medication" or "sorry about your problem, but it doesn't happen to me." We are **desperate** to be heard, that these lights get changed and the strobes are outlawed. Even for those who don't have epilepsy, LEDs, strobe lights and their brightness are **not** healthy for anyone.