



Cut out these cards and stick them on to a piece of cardboard. On the reverse side of the English version **CLEARLY PRINT** your name and home address. On the reverse side of the Estonian version **PRINT** your name, contact address and telephone number in Estonia.

For use at home

I HAVE EPILEPSY

If I am found unconscious this is not because I have been drinking or taking drugs but probably because I have just had an epileptic seizure.

If I should have a seizure...

- Do not move me unless I am in danger.
- Leave a clear space around me, loosen my collar and put something under my head.
- Do not restrict my movements.
- Do not lift me up.
- Do not force anything between my teeth.
- It is not necessary to call an ambulance, the police or a doctor unless I do not recover consciousness in a few minutes.

For use in Estonia

MUL ON EPILEPSIA

Kui leiata mind teadvusetult, siis ei ole selle põhjuseks joomine ega narkootikumid vaid tõenäoliselt on mul epilepsiahoog.

Kui mul juhtub olema epilepsiahoog...

- Ärge liigutage mind, välja arvatud, kui ma olen hädaohus.
- Jätke minu ümber ruumi, avage mu kaelus, asetage mulle midagi pea alla.
- Ärge takistage mu liigutusi.
- Ärge tõstke mind üles.
- Ärge suruge mulle midagi hammaste vahele.

Ei ole vaja kutsuda kiirabi, politseid ega arsti, välja arvatud siis, kui ma ei ole mõne minuti jooksul teadvusele tulnud.

If you are travelling with a child, use the cards shown below and give them to the child to carry, carefully explain to him or her that if you do have a seizure and are surrounded by strangers the card should be shown to an adult. Make sure that both your name, address and the child's name and address are clearly written on the reverse side of the card.

My parent has Epilepsy. Please do not panic. This is how you can help us

Do.

- Keep calm.
- Provide gentle protection from obvious dangers.
- Let the seizure run its course.
- Telephone this number
.....
and tell the person who answers what has happened.

Do not:

- Panic.
- Try to stop the seizure.
- Place anything in the mouth.
- Send for an ambulance unless
One seizure follows another.
The seizure lasts longer than 5-6 minutes.
Consciousness is not regained after 10 minutes or there is obvious injury.

Minu emal/isal on epilepsia. Palun ärge minge paanikasse. Niiviisi saate meid aidata.

Palun

- jääge rahulikuks
- kaitske teda ilmsete ohtude eest
- laske epilepsiahoole rahulikult kulgeda
- helistage sellel numbril
.....
ja rääkige isikule, kes vastab, mis on juhtunud.

Palun ärge

- minge paanikasse
- püüdke hoogu peatada
- asetage midagi suhu
- kutsuge kiirabi,
välja arvatud juhul kui üks hoog järgneb teisele,
hoog kestab kauem kui 5-6 minutit,
pärast 10 minutit ei ole tulnud teadvusele või on näha ilmseid vigastusi.

For use at home

For use in Estonia

Some useful phrases to take with you....

I have epilepsy.

Mul on epilepsia.

I take my medication once / twice / three or four times a day.

Ma võtan ravimit üks / kaks / kolm või neli korda päevas.

I take the following drugs for my epilepsy.

Epilepsia raviks võtan järgmisi ravimeid.

I don't usually lose consciousness during a seizure.

Tavaliselt ei kaota ma epilepsiahoole ajal teadvust.

I always lose consciousness during a seizure.

Epilepsiahoole ajal kaotan alati teadvuse.

My seizures usually last several minutes.

Hoog kestavad mul tavaliselt mitu minutit.

After a seizure it takes me several minutes/ hours to become fully aware.

Peale hoogu võtab mitu minutit / tundi aega, enne kui ma hakkan täielikult ümbrusest ja toimuvast aru saama.

Will you please take me to my hotel?

Palun kas Te viiksite mind minu hotelli?

Will you please call a taxi?

Palun kas Te kutsuksite takso?

Where is the nearest hospital?

Kus on lähim haigla?

Where is the nearest doctor's surgery?

Kus on lähim arsti vastuvõtt?



Medication

Take a supply of your medicine with you. In the event of you losing or mislaying your tablets you will need to get a replacement supply. The table on the right will help you ensure that you get the correct drug albeit that it may not be in the same packaging that you are used to. It is very important that you do know the chemical (generic) name of your antiepileptic drug and the size of the dose you take.

Healthcare Insurance

Estonia does not have any health care agreement with UK and so to get even basic medical treatment you are very strongly advised to take out comprehensive medical insurance which carries a high level of cover as you may well find yourself paying large sums of money for what you would consider relatively minor treatment. Different insurance companies offer different levels of cover at widely differing costs and restrictions. A good starting point is to get a quote from your local Post Office, by calling free on 0800 169 9999 or online at www.postoffice.co.uk.

Generic (chemical) name	Brand name(s) in the UK
carbamazepine	Tegretol ®, Tegretol Retard ®
clobazam	Frisium ®
clonazepam	Rivotril ®
ethosuximide	Zarontin ®, Emeside ®
gabapentin	Neurontin ®
lamotrigine	Lamictal ®
leveteracetam	Keppra ®
phenobarbitone	Gardenal ®
phenytoin	Epanutin ®
primidone	Mysoline ®
valproate	Epilim ®, Epilim Chrono ®
vigabatrin	Sabril ®
tiagabine	Gabitril ®
topiramate	Topamax ®

Taking Medicines into Estonia

You should not have any problem taking your prescribed drugs into Estonia but it is wise to take with you a letter from your doctor or Epilepsy Specialist Nurse giving details of your prescription just in case you are challenged through Customs.

Time Difference

If flights are on schedule the time difference between Estonia and the UK * will make no difference to your timetable for taking your tablets. If journey times are significantly delayed do not forget to take your tablets at the interval(s) you are used to.* Estonia is 2 hours ahead of GMT. It may, however, vary from standard time at some part of the year such as Summer Time or Daylight Saving Time.