



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 Finnish version **PRINT** your name, contact address and telephone number in Finland.

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 Finland.

Olen epileptikko.

Jos minut löydetään tajuttomana, se ei johdu alkoholin tai huumeiden nauttimisesta, mutta on todennäköisesti aiheutunut seurauksena epilepsia-kohtauksesta.

Jos saan kohtauksen...

- Älkää liikuttako minua paitsi jos on kysymys vaaratilanteesta.
- Jättäkää ympärilleni tilaa, löysentäkää kaulukseni ja asettakaa jotakin pääni alle.
- Älkää yrittäkö kahlehtia liikkeitäni.
- Älkää nostako minua.
- Älkää pakottako mitään hampaitteni väliin.
- Ambulassin, poliisin tai lääkärin kutsuminen paikalle on välttämätöntä vain, jos en tule tajuihini muutaman minuutin sisällä.

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.

Vanhempani on epileptikko.

Ei ole syytä hätäntyä. Voitte auttaa meitä seuraavin tavoin:

* Pysymällä tyynenä

* Suojaamalla ilmeisiltä vaaroilta

* Antamalla kohtauksen mennä ohi omalla ajallaan

* Soittamalla tähän numeroon ja ilmoittamalla puhelimeen vastanneelle henkilölle tapahtumista.

Ei ole syytä

* Hätäntyä

* Yrittää pysäyttää kohtausta

* Asettaa mitään suuhun

* Ambulanssi on syytä kutsua paikalle vain, jos kohtauksia on yhtä useampi, jos kohtaukset kestävät 5-6 minuuttia kauemmin, jos tajunta ei palaa 10 minuutin sisällä tai jos on kysymys ilmeisestä loukkantumisesta.

For use at home

For use in Finland.

Some useful phrases to take with you....

I have epilepsy.

Olen epileptikko.

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

Joudun nauttimaan lääkkeitä kerran/kahdesti/kolme kertaa/ neljä kertaa päivässä.

I take the following drugs for my epilepsy.

Nautin seuraavia epilepsialääkkeitä.

I don't usually lose consciousness during a seizure.

En yleensä menetä tajuntaani kohtauksen aikana.

I always lose consciousness during a seizure.

Menetän tajuntani aina kohtauksen aikana.

My seizures usually last several minutes.

Kohtaukseni kestävät yleensä useamman minuutin ajan.

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

Kohtauksen jälkeen minulta menee useampi minuutti/tunti, ennen kuin olen täysin tietoinen.

Will you please take me to my hotel?

Voitteko ystävällisesti viedä minut hotelliini?

Will you please call a taxi?

Voitteko ystävällisesti kutsua paikalle taksin?

Where is the nearest hospital?

Missä on lähin sairaala?

Where is the nearest doctor's surgery?

Missä on lähin lääkärin vastaanotto?



Take a supply of your medication with you to Finland. If you should unfortunately lose or mislay your tablets the following table may be useful to you. It is very important that you should know the generic (chemical name) of your drug.

The International Bureau for Epilepsy (IBE) is an organisation which promotes the interests of people with epilepsy throughout the world by offering non medical advice and by lobbying opinion to influential international bodies including governments. It is widely respected and has a powerful voice in the international field of epilepsy. The member in Finland is:-

Epilepsialiitto
Malmin Kauppatie 26,
FIN-00700,
Helsinki, Finland
Tel (from UK): 00 358 9350 82320
Fax (from UK): 00 358 9350 82322
Email: epilepsialiitto@epilepsia.fi
Website: www.epilepsia.fi

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

Emergency Medical Treatment

Finland is within the European Economic Area (EEA) and so arrangements are in place for medical treatment to be provided for British Nationals on production of a British passport or an NHS medical card or a driving licence.

Details of receiving medical treatment in countries within the European Economic Area, which includes Finland, can be obtained from the booklet, produced by the Department of Health, called "Health Advice for Travellers". It is available free of charge from the Department of Health, by calling 0800 555 777 or from main Post Offices.

Additional Insurance

Whilst essential emergency treatment is available free of charge on production of Form E111 other difficulties possibly arising as a result of your epilepsy are not covered, not least the possibilities of missing a flight or incurring the cost of an extended stay in Finland once emergency treatment has been given. You are strongly advised to take out additional travel insurance to cover any risk relating to your epilepsy.

You will need to shop around to get the best level of cover. Different insurance companies offer different levels of cover at widely differing costs and restrictions. A good starting point is to get a quote from the Post Office by visiting your local Post Office, by calling free on 0800 169 9999 or online at www.postoffice.co.uk

Taking Medicines into Finland

You should not have any problem taking your prescribed drugs into Finland 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 Finland 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.* Finland is one hour ahead of GMT. It may, however, vary from standard time at some part of the year such as Summer Time or Daylight Saving Time.