



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 French version **PRINT** your name, contact address and telephone number in France.

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 France

JE SUIS ÉPILEPTIQUE.

Si on me trouve inconscient ce n'est pas parceque j'ai bu ou pris de la drogue, mais certainement parceque je viens de fair une crise d'épilepsie.

Si je doit avoir une crise ...

- Ne me bougez pas sauf en cas de danger
- Laissez de l'espace autour de moi, dégrafer mon col et poser quelque chose sous ma tête.
- N'entraver pas mes mouvements
- ne me soulevez pas
- N'essayer pas d'enfoncer quelque chose entre mes dents (dans ma bouche)
- Ce n'est pas la peine d'appeler une ambulance, la police ou un docteur, sauf si je nereprends pas connaissance d'ici quelques minutes

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: | Do not: |
| • Keep calm. | • Panic. |
| • Provide gentle protection from obvious dangers. | • Try to stop the seizure. |
| • Let the seizure run it's course. | • Place anything in the mouth. |
| • Telephone this number
.....
and tell the person who answers what has happened. | • 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. |

Mon parent est épileptique. Ne paniquez pas. Voila comment vous pouvez nous aider.

- | | |
|---|--|
| ce qu'il faut faire : | Ne pas faire : |
| • rester calme | • Paniquer |
| • protéger de tous autres dangers extérieurs | • essayer d'arrêter la crise |
| • Laisser la crise se calmée | • Mettre quelque chose dans la bouche |
| • Appelez ce numéro
.....
et dites à la personnes qui répons ce qui c'est passé | • Ne pas appeler d'ambulance sauf si les crises se succèdent, la crise dure plus de cinq ou six minutes, je ne reprends pas connaissance après dix minutes, ou si vous voyez que je suis blessé. |

For use at home

For use in France

Some useful phrases to take with you....

I have epilepsy.
Je suis épileptique.

I take my medication once / twice / three or four times a day.
Je prends mes médicaments une / deux / trois / quatre / fois par jour.

I take the following drugs for my epilepsy.
Je prends les médicaments suivants pour mon épilepsie...

I don't usually lose consciousness during a seizure.
Généralement je ne perds pas connaissance lors de mes crises.

I always lose consciousness during a seizure.
Je perds toujours connaissance lors d'une crise.

My seizures usually last several minutes.
Mes crises durent généralement plusieurs minutes.

After a seizure it takes me several minutes/ hours to become fully aware.
Après une crises je mets plusieurs minutes / heures avant de reprendre totalement mes esprits.

Will you please take me to my hotel?
Pouvez vous me condui à mon hôtel s'il vous plait ?

Will you please call a taxi?
S'il vous plait pourriez vous m'appeler un taxi ?

Where is the nearest hospital?
Pourriez vous m'indiquer l'hôpital le plus proche ?

Where is the nearest doctor's surgery?
Pourriez vous m'indiquer le cabinet médical le plus proche ?



Take a supply of your medication with you to France. 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 France is:-

AISPACE
11 Avenue Kennedy,
F-59800 Lille,
France
Tel (from UK): 00 33 320 926 533
Fax (from UK): 00 33 320 094 124
Email: lille.aispace@wanadoo.fr
Website: www.fraternet.org/aispace

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 ®

Emergency Medical Treatment

France 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 France, 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 France 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 France

You should not have any problem taking your prescribed drugs into France 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 France 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.* France 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.