



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 German version **PRINT** your name, contact address and telephone number in Germany.

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 Germany

ICH BIN EPILEPTIKER

Wenn ich bewusstlos aufgefunden werde, ist dies nicht weil betrunken bin oder Drogen eingenommen habe, sondern sehr wahrscheinlich, weil ich gerade einen epileptischen Anfall gehabt habe.

Wenn ich einen Anfall habensollte...

- Ziehen Sie nicht an mir oder bewegen Sie mich nicht, sofern ich nicht in Gefahr bin.
- Sorgen Sie für freien Platz um mich herum, lockern Sie meinen Hemdkragen und legen Sie etwas unter meinen Kopf.
- Schränken Sie meine Bewegungen nicht ein.
- Heben Sie mich nicht hoch.
- Zwängen Sie nichts zwischen meine Zähne.
- Es ist nur notwendig, einen Krankenwagen, die Polizei oder einen Arzt hinzuzurufen, sofern ich nicht innerhalb weniger Minuten das Bewußtsein wieder erlange.

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 its 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. |

Mein Vater/meine Mutter hat Epilepsie. Bitte geraten Sie nicht in Panik. Sie können uns folgendermaßen helfen.

- | | |
|---|---|
| * Ruhig bleiben. | * In Panik geraten. |
| * Vorsichtigen Schutz vor offensichtlichen Gefahren gewährleisten. | * Versuchen den Anfall zu beenden. |
| * Den Anfall seinen Lauf nehmen lassen. | * Etwas zwischen die Zähne klemmen. |
| * Die nachfolgende Nummer
.....
anrufen und Bescheid geben, was passiert ist. | * Einen Krankenwagen rufen, sofern der Anfall nicht von anderen gefolgt wird, er mehr als 5-6 Minuten dauert, das Bewußtsein nach 10 Minuten nicht wieder erlangt ist oder es zu einer erkennbaren Verletzung gekommen ist. |

For use at home

For use in Germany

Some useful phrases to take with you....

I have epilepsy.
Ich bin Epileptiker.

I take my medication once / twice / three or four times a day.
Ich nehme mein(e) Medikament(e) einmal/zweimal/dreimal/viermal täglich ein.

I take the following drugs for my epilepsy.
Ich nehme die folgenden Medikamente für Meine Epilepsie ein SS.

I don't usually lose consciousness during a seizure.
Ich verliere während eines epileptischen Anfalls für gewöhnlich nicht das Bewußtsein.

I always lose consciousness during a seizure.
Ich verliere während eines epileptischen Anfalls immer das Bewußtsein.

My seizures usually last several minutes.
Meine Anfälle dauern für gewöhnlich einige Minuten an.

After a seizure it takes me several minutes/ hours to become fully aware.
Nach einem Anfall dauert es einige Minuten / Stunden bis ich wieder ganz bei mir bin.

Will you please take me to my hotel?
Würden Sie mich bitte zu meinem Hotel bringen.

Will you please call a taxi?
Würden Sie mir bitte ein Taxi rufen?

Where is the nearest hospital?
Wo ist das nächste Krankenhaus?

Where is the nearest doctor's surgery?
Wo ist das nächste Arztpraxis?



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

Name: Deutsche Epilepsie Vereinigung
Address: Zillestrasse 102,
10585 Berlin,
Germany
Tel: + 49 30 342 4414
Fax: + 49 30 342 4466
Email: info@epilepsie.sh
Website: www.epilepsie.sh

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

Germany 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 Germany, 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 Germany 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 Germany

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