



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 Hungarian version **PRINT** your name, contact address and telephone number in Hungary.

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 Hungary.

Epilepsziában szenvedek.

Nem azért vesztettem el az eszméletemet, mert részeg vagyok, vagy kábítószer szedek, hanem valószínűleg azért, mert epilepsziás rohamom volt.

Ha rohamom van ...

- Csak akkor mozdítsanak el, ha veszélyben vagyok.
- Kérem, hagyjanak szabad teret körülöttem, lazítsák ki a galléromat és tegyenek valamit a fejem alá.
- Ne korlátozzanak mozgásomban.
- Ne emeljének fel.
- Erőszakkal ne tegyenek semmit a fogaim közé.
- Csak akkor hívjanak mentőt, rendőrt vagy orvost, ha pár percen belül nem térek magamhoz.

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. |

A szülőm epilepsziában szenved. Kérem ne essenek pánikba. Így tudnak segíteni rajtunk:

- | | |
|--|--|
| Kérjük, | Kérjük, |
| * Őrizzék meg nyugalmukat. | * ne essenek pánikba |
| * Nyújtsanak védelmet a nyilvánvaló veszélyektől. | * ne próbálják megállítani a rohamot |
| * Hagyják, hogy a roham magától elmúljon. | * ne tegyenek semmit a szájába |
| * Hívják fel ezt a számot:
.....
és mondják el mi történt annak az embernek, aki felveszi a kagylót. | * csak akkor hívják ki a mentőket, ha a rohamot egy újabb roham követ, ha a roham 5 - 6 percnél tovább tart, ha nem nyeri vissza az eszméletemet 10 perc múlva, vagy ha láthatóan megsérült. |

For use at home

For use in Hungary.

Some useful phrases to take with you....

I have epilepsy.
Epilepsziában szenvedek.

I take my medication once / twice / three or four times a day.
Naponta egyszer/kétszer/háromszor/négyszer szedem be a gyógyszeremet.

I take the following drugs for my epilepsy.
Az alábbi gyógyszereket szedem az epilepsziámra.

I don't usually lose consciousness during a seizure.
Általában nem veszítem el az eszméletemet az epilepsziás rohamok során.

I always lose consciousness during a seizure.
Mindig elveszítem az eszméletemet az epilepsziás rohamok során.

My seizures usually last several minutes.
Rohamaim általában több percig tartanak.

After a seizure it takes me several minutes/ hours to become fully aware.
Több percre/órára van szükségem, hogy egy roham után teljesen visszanyerjem a tudatomat.

Will you please take me to my hotel?
Elvinne a szállodámba?

Will you please call a taxi?
Hívna nekem egy taxit?

Where is the nearest hospital?
Hol van a legközelebbi kórház?

Where is the nearest doctor's surgery?
Hol van a legközelebbi orvosi rendelő?



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

Hungarian Association of People Living with Epilepsy
H-1028 Budapest,
Hidegkuti ut 353,
Hungary
Tel: + 36 1275 8726
Fax: + 36 1275 8726
Email: mesz@drotposta.hu

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

Hungary is not a member of the European Economic Area and limited health care arrangements are in place.

To receive treatment you will need to produce your UK passport.

The following services are available free of charge:

Treatment in hospital, polyclinic or doctor's surgery.

You will be expected to pay for:

Dental and ophthalmic treatment and prescribed medicines (flat rate charge). Charges incurred will not be reimbursed by UK government.

Healthcare Insurance

Because reciprocal arrangements are limited you are strongly advised to take out adequate insurance cover. You should shop around to get the best possible 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 Hungary

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