



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 Icelandic version **PRINT** your name, contact address and telephone number in Iceland.

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 Iceland

ÉG ER FLOGAVEIK(UR)

Ef ég finnst meðvitundarlaus þá er það ekki vegna þess að ég hafi verið að drekka eða vegna eiturlyfjaneyslu heldur væntanlega vegna þess að ég hafi fengið flogakast.

Ef ég fæ flogakast . . .

- Hreyfið mig ekki nema ég sé í hættu.
- Hafið rúmt um mig, losið um kragann og setjið eitthvað undir höfuð mitt.
- Hamlíð ekki hreyfingum mínum.
- Lyftið mér ekki upp.
- Þvingið engu á milli tannana á mér.

Ekki er nauðsynlegt að hringja á sjúkrahúsið, lögregluna eða lækni nema ég nái ekki meðvitund innan fárra mínútna.

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. |

Foreldri mitt er með flogaveiki. Góðfúslega óttist ekki. Svona getið þið hjálpað okkur

- | | |
|--|--|
| Þannig | Ekki þannig |
| • Haldið ró ykkar | • Verið ekki óttaslegin |
| • Veitið vernd gegn augsýnilegum hættum | • Reynið ekki að stöðva kastið |
| • Látið kastið ganga yfir án aðgerða | • Setjið ekkert í munninn |
| • Hringið í síma
.....
og látið þann sem svarar vita hvað gerst hefur. | • Biðjið ekki um sjúkrahúsið nema köst séu endurtekin,
þau vari lengur en 5 - 6 mínútur,
meðvitund fái ekki eftir 10 mínútur eða um augljós meiddi sé að ræða. |

For use at home

For use in Iceland

Some useful phrases to take with you....

I have epilepsy.

Ég er með flogaveiki.

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

Ég tek lyf mín einu sinni / tvisvar / þrisvar eða fjórum sinnum á dag.

I take the following drugs for my epilepsy.

Ég tek eftirfarandi lyf vegna flogaveikinnar.

I don't usually lose consciousness during a seizure.

Ég missi venjulega ekki meðvitund meðan á kasti stendur.

I always lose consciousness during a seizure.

Ég missi alltaf meðvitund meðan á kasti stendur.

My seizures usually last several minutes.

Köst mín vara venjulega nokkrar mínútur.

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

Að kasti afloknu tekur mig nokkrar mínútur / klukkustundir að ná áttum flullkomlega.

Will you please take me to my hotel?

Vilt þú góðfúslega fara með mig á gisti húsið mitt?

Will you please call a taxi?

Góðfúslega náðið í leigubíl?

Where is the nearest hospital?

Hvar er næsta sjúkrahúsið?

Where is the nearest doctor's surgery?

Hvar er næsta læknastofa?



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

Name: LAUF, The Icelandic Epilepsy Association
Address: Postbox 5182,
126 Reykjavik,
Iceland.
Tel (from UK): 00 354 551 4570
Fax (from UK): 00 354 551 4580 / 00 354 561 8070
Email: jonsg@vortex.is
Website: www.lauf.is/vefur/

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

Iceland 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 Iceland, 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 Iceland 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 Iceland

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