



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 foreign version **PRINT** your name, contact address and telephone number in Mali.

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 Mali

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 faire 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:

- Keep calm.
- Provide gentle protection from obvious dangers.
- Let the seizure run it's 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.

For use at home

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

ce qu'il faut faire :

- rester calme
- protéger de tous autres dangers extérieurs
- Laisser la crise se calmer
- Appelez ce numéro
.....
et dites à la personnes qui répondez ce qui c'est passé

Ne pas faire :

- Paniquer
- essayer d'arrêter la crise
- Mettre quelque chose dans la bouche
- 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 in Mali

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 conduire 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 ?



Medication

Take a supply of your medicine with you. In the event of you losing or mislaying your tablets you will need to get a replacement supply. The table on the right will help you ensure that you get the correct drug albeit that it may not be in the same packaging that you are used to. It is very important that you do know the chemical (generic) name of your anti-epileptic drug and the size of the dose you take.

Healthcare Insurance

Mali does not have any health care agreement with the UK and so to get even basic medical treatment you are very strongly advised to take out comprehensive medical insurance which carries a high level of cover as you may well find yourself paying large sums of money for what you would consider relatively minor treatment. Different insurance companies offer different levels of cover at widely differing costs and restrictions. A good starting point is to get a quote from your local Post Office, by calling free on 0800 169 9999 or online at www.postoffice.co.uk.

Taking Medicines into Mali

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

Malaria Warning

People taking antiepileptic medication should be aware that particular problems can occur when taking antimalarial and antiepileptic drugs together.

The Epilepsy Research Foundation publishes an excellent document entitled "Epilepsy and Antimalarial Medication".

It can be obtained, free of charge, from:-

Epilepsy Research Foundation,

PO Box 3004

London W4 4XT

Tel/Fax: 020 8995 4781

If you have been recommended to take antimalarial drugs by your travel advisor you should consult your GP who will prescribe the appropriate antimalarial drug. If you are in possession of the above named document take it with you to your GP so that it is clear what advice is being provided.

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 ®

Time Difference

There is a significant time difference between UK and Mali and this can affect the effectiveness of your medication. Remember to take your tablets at the interval(s) you are used to.