



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 Mexico.

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 Mexico

### TENGO EPILEPSIA

Si me encuentran inconsciente esto no es porque he sido que bebía o que tomaba drogas pero probablemente porque acabo de tener un ataque epiléptico.

#### Si tengo un asimiento.....

- No me mueva a menos que esté en peligro
- Deje un espacio claro alrededor de mí, afloje mi collar y ponga algo bajo mi cabeza
- No restrinja mis movimientos
- No me levante para arriba
- No fuerce cualquier cosa entre mis dientes
- No es necesario llamar una ambulancia, el policía o un doctor a menos que no recupere el sentido en algunos minutos

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

- |  |  |
|--|--|
| <b>Do:</b>   | <b>Do not:</b>   |
| • 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<br>.....<br>and tell the person who answers what has happened. | • Send for an ambulance unless<br>One seizure follows another.<br>The seizure lasts longer than 5-6 minutes.<br>Consciousness is not regained after 10 minutes or there is obvious injury. |

### Mi padre tiene epilepsia. No se atierre por favor. Éste es cómo usted puede ayudarnos

- |  |   |
|--|---|
| <b>Do:</b>   | <b>No:</b>  |
| • siga siendo tranquilo  | • pánico  |
| • proporcione la protección apacible contra peligros obvios                                  | • intente parar el asimiento  |
| • deje el asimiento funcionar su curso   | • ponga cualquier cosa en la boca   |
| • Llame por teléfono este número<br>.....<br>y diga a persona que contesta a qué ha sucedido | • envíe para una ambulancia a menos que un asimiento siga otro, el asimiento dura más de largo de 5 o 6 minutos, el sentido adentro no recuperado después de 10 minutos o allí es lesión obvia. |

For use at home

For use in Mexico

### Some useful phrases to take with you....

#### **I have epilepsy.**

Tengo epilepsia.

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

Tomo mi medicina una vez/dos veces/tres veces /cuatro veces por dia.

#### **I take the following drugs for my epilepsy.**

Tomo las siguientes medicinas para tratar mi epilepsia .....

#### **I don't usually lose consciousness during a seizure.**

Normalamente no pierdo la consciencia durante el ataque.

#### **I always lose consciousness during a seizure.**

Siempre pierdo la consciencia durante el ataque.

#### **My seizures usually last several minutes.**

Mis ataques normalmente duran varios minutos.

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

Después de sufrir un ataque, tardo varios minutos/ horas en recobrar totalmente la consciencia.

#### **Will you please take me to my hotel?**

Por favor lléveme a mi hotel.

#### **Will you please call a taxi?**

Por favor llame a un taxi.

#### **Where is the nearest hospital?**

Donde esta el hospital mas cerano.

#### **Where is the nearest doctor's surgery?**

Donde esta el consultorio medico mas cerano.

