



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 Italian version **PRINT** your name, contact address and telephone number in Italy.

✂ 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 Italy

HO L'EPILESSIA

Se sono incosciente, non e' perche' ho bevuto o perche' mi sono drogato/a, ma e' probabile che io abbia appena avuto una crisi epilettica.

Se dovessi avere una crisi epilettica...

- Non muovermi ameno che io non sia in una posizione pericolosa.
- Crea spazio intorno a me, sbottonami il colletto e mettimi qualcosa di morbido sotto la testa.
- Non cercare di tenermi fermo/a.
- Non cercare di alzarmi.
- Non mettermi niente tra i denti.

Non e' necessario chiamare un'ambulanza, la polizia o un dottore ameno che io non mi riprenda nel giro di qualche minuto.

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.

✂ For use at home

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 its course.
- Telephone this number

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.

_____ and tell the person who answers what has happened.

✂ For use in Italy

Il mio genitore ha l'epilessia. Perfavore non andare in panico. Ci potete aiutare cosi'

- Restate calmi.
- Proteggete la persona con la crisi da pericoli evidenti.
- Lasciate che la crisi segua il suo corso.
- Chiamate questo numero
- Perfavore non andate in panico.
- Non tentate di fermare la crisi.
- Non cercate di mettere nulla in bocca alla persona con la crisi.
- Non chiamate un'ambulanza ameno

_____ e spiegate cosa e' successo alla persona che risponde.

Che la persona non abbia una seconda crisi, la crisi dura piu' di 5 o 6 minuti, la persona non si riprende nel giro di 10 minuti o la persona si e' fatta male.



Some useful phrases to take with you:

I have epilepsy.

Ho l'epilessia.

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

Prendo le medicine una volta/due/tre/quattro volte al giorno.

I take the following drugs for my epilepsy.

Per l'epilessia prendo le seguenti medicine.

I don't usually lose consciousness during a seizure.

Di solito non perdo coscienza durante una crisi.

I always lose consciousness during a seizure.

Perdo sempre coscienza durante una crisi.

My seizures usually last several minutes.

Di solito le mie crisi durano qualche minuto.

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

Dopo una crisi ho bisogno di alcuni minuti/alcune ore per riprendermi completamente.

Will you please take me to my hotel?

Mi puo' accompagnare al mio albergo perfavore?

Will you please call a taxi?

Mi puo' chiamare un taxi perfavore?

Where is the nearest hospital?

Dov'e l'ospedale piu' vicino?

Where is the nearest doctor's surgery?

Dov'e l'ambulatorio piu' vicino?



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

Name: Associazione Italiano contro l'Epilessia(AICE)
Address: via T Marino 7
20121 Milan
Italy
Tel (from UK): 00 3902 809 299
Fax (from UK): 00 3902 809 799
Email: aice_naz@freemail.it

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

Austria 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 Italy, 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 Italy 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 Italy

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