

## EMERGENCY INFORMATION CARD

If you are living with epilepsy you may want to carry some information that others can use to assist you in a medical emergency. The **Emergency Information Card** has been developed so that people living with epilepsy can carry some basic information about themselves.

In a medical emergency the card will let others know:

- how to support you and
- who you would like them to contact.

If you attend an epilepsy support group you are encouraged to carry the card to meetings/events so that Peer Leaders or other group members know what to do in case of a seizure or medical emergency.

Ideally, keep the card in an easy to find place (purse/wallet etc.) and consider letting others know you are carrying the card and where they can find it if needed. For people who experience regular seizures or other medical emergencies having the card easily accessible (perhaps in a lanyard around your neck or in a plastic baggage tag on your bag) may make it easier to find.

Emergency Information Cards are available from the Epilepsy Foundation. Either:

- download the card from our website (but after printing you will need to cut and fold to size)
- or contact us on the number below and we will post cards to you.

Are they useful, how can they be improved?

Contact David Clunn at the Epilepsy Foundation with your feedback (1300 761 487).