

Ways to alert others about your epilepsy

Identity jewellery (ID jewellery)

- **Medic Alert,**
1 Bridge Wharf,
156 Caledonian Road,
London, N1 9UU.
Tel. freephone: 0800 581 420
www.medicalert.org.uk
info@medicalert.org.uk

The owner's medical condition and Medic Alert's 24 hour emergency number is engraved on the jewellery. Contact Medic Alert for further information.

- **MEDI-TAG Dept,**
Hoopers,
37 Northampton Street,
Hockley,
Birmingham, B18 6DU.
Tel. 0121 200 1616
www.medi-tag.co.uk
info@hoopers.org

The owner's medical condition and MEDI-TAG's 24 hour emergency number is engraved on the jewellery. Contact MEDI-TAG for further information.

- **SOS Talisman,**
21 Grays Corner,
Ley Street,
Ilford,
Essex, IG2 7RQ:
Tel. 020 8554 5579
www.sostalisman.co.uk
sostalisman@btinternet.com

The owner's medical details are recorded on an information strip inside the jewellery. Obtainable through jewellers, or contact SOS Talisman for further information.

Awareness cards (ID cards)

- Available from Epilepsy Action in various designs for adults, young people and children.
Helpline 0808 800 5050
www.epilepsy.org.uk
helpline@epilepsy.org.uk
- **MediPal,**
20a High Street,
Ditchling,
Hassocks, BN6 8TA.
Tel. 0845 603 4604
www.medipal.org.uk
info@medipal.org.uk

Information on medication, contact details and medical history are shown on a plastic card. Specific instructions in cases of emergency can be added.

- **MYSOSID,**
PO Box 52454,
London, NW3 9BB.
Tel. 0789 471 8000
www.mysosid.com
admin@mysosid.com

A wallet size card displaying a photograph of the owner. It gives information on, for example, epilepsy, medication and who to contact in an emergency.

- **uCardit Limited,**
1a Park Offices,
Monument Bus Park,
Chalgrave, OX44 7RW.
www.ucardit.co.uk

A plastic, waterproof credit card size identity card. Create your own online. They will print it off and send it to you through the post.

Medical record/translation service

- **DoctorBabel**,
www.doctorbabel.com
support@doctorbabel.com

Free online medical records service. Allows you to record details of medical conditions, treatments and any relevant medical information into a password-protected site on your computer. Information can then be printed out to carry in a purse or wallet. Records can also be translated into many different languages at a cost of £20.

- ZAPTAG UK Ltd,
The Old Barrel Store,
Brewery Courtyard,
Draymans Lane,
Marlow, SL7 2FF.
Tel. 08456 120510
www.zaptag.com
ask@zaptag.com

Zaptag has created a USB drive to hold medical records in case of emergency. Information includes name, blood type, and next of kin details. It can also hold further medical details which can be password-protected.

Epilepsy Helpline

freephone 0808 800 5050
text 07797 805 390
helpline@epilepsy.org.uk
www.epilepsy.org.uk

If you would like to know where we've got our information from, please contact us. Please quote F071.01. If you have any comments you would like to make about this fact sheet, please contact us.

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Epilepsy Services, Epilepsy Action

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